LONGEVITY

THE UNTOLD STORY

HOW SHOULD ONE LIVE TO REACH 150 YEARS

Longevity

The Untold Story

The circle with the Cross
These make for the sign that all thou hast heard is fulfilled in Him

Hospitallers Order of the Good News

The Lord He Is God

Trust in Him who Is the Way

Keep thy faith in Him, that All will be and is right!

And make thy life, thy activities in accord with same!

Longevity the Untold Story

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In Gratitude To

This Book is dedicated to the following: To the God of Abraham: Who Is The God of Humankind, Our One and Only Lord and Saviour The Christ. This Book is dedicated to all souls who search for Him, our Lord God the Christ. An in particular to those whose writings of old still keep inspiring and education those on Earth. This book is produced and given as a testimony that: "The Lord He is God", and know that the Lord walks with us everyday, even if you do not see Him, He Is with us, He Is with those who ask for Him, for the Lord Is God of Humankind. These are not vain words, but are those words from those who know The Lord, His Ways, His Coming. The Order dedicates this Book to: to all those who have perished at the hands of ignorant men; To all those Wise Men who understood the difference between what is right and what is wrong; To those wise ones, who are ever present and let not fall civilization. This book is also dedicated to many countless others, whose names do not appear here but they know who they are. To all physicians, whose convictions regarding the soundness of principles set forth in this work, and whose fearless advocacy of Therapy based on these principles have been a constant source of encouragement and inspiration to many, this book is also dedicated.

"The Lord He Is God"

Has in the Oneness of the Living God, the Christ Our Lord and Saviours, so it is in the oneness of comprehension and understanding in which those points of truth these authors all conclude and agree upon. And as a result on which they all agree this book is produced and given as a testimony that: "The Lord He Is God", and the Lord walks with us everyday, even if you do not see Him, He is with us, He is with those who ask for Him for the Lord Is God of Humankind. These are not vain words, but are those words from those who know The Lord, His Ways, His Coming. And many others whose names do not appear here but they know who they are.

To all physicians, whose convictions regarding the soundness of principles set forth in this work, and whose fearless advocacy of therapy based on these principles have been a constant source of encouragement and inspiration to many, this book is also dedicated.

Acknowledgements

The collective knowledge generated from academic research summarized in various references has been critical in the creation of this published work, which is best viewed as a comprehensive compilation and collection of published information by many authors throughout the ages, as well as personal and clinical experience in the treatment of self and others. This work was possible only by the guidance and Light of Christ who Is God. Special thanks also to those who work with Him and help all of us. May each individual be able, to find his eternal truth, while on earth.

Credits and References

Although all credits and references where given to the best of our knowledge and information contained in the central archives of the Hospitallers Order of the Good News.

If there is any errors or mistakes we kindly ask the reader to allow the knowledge of such items in order to rectify same in future editions of the present Book.

Health and Therapeutic Journals and Books

The present work rests upon the foundations of those civilization luminaries, men and woman of exceptional talent, intuition, and detailed observation. Furthermore it was a privilege to us, for them to have the dedication and time to write and publish their clinical findings.

There is then a vast amount of Journals and Books devoted to the Health and Therapeutics.

Of these printed records those from 1850 to 1950 in this

one hundred year period we specially encounter that the majority of what is to be known concerning disease its origin and its treatment and cure, where in fact correctly identified.

These records, in their collective, contain timeless observations of which many remain permanent truths.

These pearls are hidden from plain sight, only the adept or the initiated can identify them and pick one by one, from the surrounding confusion.

Sources

Apart from the Archives of the Hospitallers Order of the Good News Library, we are also very grateful to all libraries, who have kept books for the last 200 years, those of which by their keeping allowed the information on those books to survive, and be upon their withdrawn from their keeping available to purchase by the Order, and kept in its Archives and Library. The Hospitallers Order of the Good News, has therefore purchase many of this rare Books, many of which are not available, nor found in libraries, for this we thank The Lord who Is God, for having placed the same in keeping of the Order.

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To all the Clinicians that have taken their time to record the information here given. And To Him, To Whom Health is Wealth, This Book is Dedicated.

Disclaimer

"The content of this Book is based on research conducted by the Members of the Hospitallers Order of the Good News, unless otherwise noted. The information is presented for educational purposes only and is not intended to diagnose or prescribe for any so-called "medical" or "psychological" "condition", nor to prevent, treat, mitigate or cure such "conditions". The information contained herein is not intended to replace a one-on-one relationship with a qualified healthcare professional. This information is not intended as "medical" advice, but rather a sharing of knowledge and information based on research and experience.

The Hospitallers Order of the Good News encourages the reader to make your own health Care decisions based on your judgment and research in partnership with a qualified Health Care Professional. These statements have not been evaluated by the Food and Drug Administration, in the USA. The information on this Book is not intended to diagnose, treat, cure or prevent any disease."

As sad it may be, that one is forced to place such a disclaimer, just serves to illustrate the state where the present civilization is at the moment. A civilization founded on lies has no future, a civilization based on false or fake pretences has no future, a civilization that follows political correctness is fake by proxy. To sustain the present civilization is to sustain a lie.

Thus the solution is to establish a new civilization, this if Humankind will ever have a chance to develop on Earth.

In the End of Old Time and the Beginning of the New Era, 2020

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Introduction

How Should One Live To Reach 150 Years

"Treat yourself as well as you would treat a fine watch.
If you are worthy of such ownership.
Don't overfeed, nor feed unsuitable foods, nor feed tobacco, whiskey, cocktails, nor exhaust the vital energy in any way. And be honest if you would avoid heart diseases." *- Dr John Henry Tilden, MD.*

"The longevity of man is now about 37 years, and he should live at least 200 years.
It is a recognized fact that all animals live about 8 times as long as they are in maturing; so that we scarcely live one-fifth of our allotted time on earth, verifying the word of Holy Writ:

"The wicked shall not live out half their days."

The care of the body is positively commanded by the Almighty, the penalty has been affixed:

"Know ye not that your body is a Temple of the Holy Spirit — a Temple of the living God". *- Dr Andrew P. Davis, MD, DO, DC in "Neuropathy Illustrated", 1915.*

"The great Secret of Health, and Long Life, lies in keeping the Blood (and consequently the other Juices of the body) in a due Degree of Fluidity." *- Dr George Cheyne, MD, FRS, in "An Essay on Health and Long Life", 1724.*

"Servare modum, finemque tueri, Naturamque sequi."
(To preserve due measure, and keep in view the end, and follow nature)

"There certainly appears no reason why an object once endowed with life should not live for ever, for the state of maturity might be prolonged for ever as it is; there is nothing impossible in such a state : or such a perfected condition might arise at once and continue for ever. If we could imagine a physiologist seeing for the first time an organised structure, such as the human frame, in a state of perfection, however closely he might examine it, and however intimately he might know the structure, he could not, without the knowledge of experience, pretend to say there appeared any reason why death should occur; he could not, indeed, conceive such a thought as death." *- Dr George Redford, MD, Surgeon, in "Body and Soul; Or Life, Mind, and Matter, Considered as to Their Peculiar Nature, and Combined Condition in Living Things", 1847.*

"Such a machine as the human frame, unless accidentally depraved, or injured by some external cause, would seem formed for perpetuity." *- Dr Gregory in "Medical Conspectus"*

"If a living organised being, be examined at the epoch of its greatest perfection, a mutuality of cause and effect is perceived which almost promises immortality." *- Sir T. C. Morgan*

"At some future day, there can be little doubt that the value and duration of life will be extended greatly beyond what it is at present - greatly beyond, *perhaps, what we at present can imagine."- Dr Spencer Thomson, MD in "Medical Dictionary", 1866.*

"The body is in a constant state of change — of waste and renewal. Oxygen consumes and wastes the many different tissues; we take food to supply the loss; in that food we take into the system the elements of destruction.
As we have already stated, every organ and structure, up to a certain period of life, has the power of reproducing and repairing any waste, after which period the blood vessels become so indurated and lessened in calibre, that their powers of irrigating and nourishing the various structures decline. Could these channels be kept free from any obstruction, the brain would act, because the heart would act; the heart would act, because the brain would act, as a perpetual motion; the functions would maintain the organisation; the renewal would be equal to the waste and decay; there would be a harmony and mutuality of cause and effect, and man, could this be effected, would have an existence almost promising immortality." *- Charles Watkins De Lacy Evans, in "Can We Prolong Life? Inquiry Into the Cause of "old Age" and "natural Death", Showing the Diet and Agents Best Adapted for a Lengthened Prolongation of Existence", 1879.*

Chapter 1

*"**God created man to be immortal,** and made him to be an image of His own eternity." - Wisdom of Solomon 2:23, King James Version*

*"Be not deceived; God is not mocked: f**or whatsoever a man soweth, that shall he also reap."** - Galatians, 6:7*

"Death is not a universal accompaniment of life.
***In many of the lower organisms death does not occur,** so far as we at present know, as a natural and necessary result of life.* ***Death with them is purely the result of an accident, some external cause."** - Charles S. Minot, in "The Problem of Age, Growth, and Death", 1908.*

***"Neither disease nor death, in early or middle life, can take place under the ordinary administration of Providence, except when the organic laws have been infringed."** - George Combe, in "Constitution of Man, considered in relation to external objects," 1828*

***"The human frame as a machine is perfect; It contains within itself no marks by which we can possibly predict its decay; It is apparently intended to go on forever."** - Dr Monroe, in "Anatomical Lectures", 1851.*

Why We Grow Old

"Time Cannot Make Us Old. The bodies of all animals are composed of innumerable cells that are renewed at frequent intervals.

What is the cause of those senile degenerative changes we falsely attribute to "age?"

What is the cause of that phenomena we call natural death?

The answer seems to be that our body-cells are perpetually poisoned, and often killed, by their own toxic excretions, before such sick cells succeed in generating a successor.

We die daily, piecemeal, little by little.

If it were possible to count our body-cells — that is, to take a census of the little living bricks of which our flesh is composed — at 21 years of age, it might be found that a man has a population of a hundred billion cells.

But every year the number grows less, because the tiny units are continually being poisoned and pass away, leaving behind no successors.

Our bodies, in course of time, become honeycombed with innumerable microscopic cavities, from which dead cells have dropped out, and after reaching maturity, we should begin to dwindle in size and weight, were it not for the fact that the microscopic holes from which the dead cells have fallen, are promptly filled up with foreign matter, mostly in the form of lime and other inorganic salts.

It is for this reason that old animals used as food are tougher and less nutritious than young ones.

Sometimes the cavities left by departed body-cells are refilled with fat. This results in what is known as fatty degeneration of the heart and of other organs.

Time has not the slightest effect upon our bodies.

It does not wrinkle the brow, whiten the hair, or produce those senile characteristics which we falsely attribute to age.

Why Animals Live Seven Times Their Growth-Period

Nature requires time to perfect her poison-destroying gland-system, and this fact accounts for the well known law, that the life-duration of any creature is 7 times the length of its growth period. In a normal environment, any animal that takes 2 years to reach maturity, may expect to live 14.

Horses that continue to grow for 3 years live till they are 21.

Elephants require 40 years to reach the adult stage and it is said survive over 200 years. Some insects are fully grown in 24 hours, and never live more than 1 week.

Human beings attain their majority at about 21, though they often continue to grow physically, for 12 months longer.

Therefore, by the analogy of all other creatures, men and women might naturally expect to live 7 times their growth period, or about 150 years. But statistics prove that the average length of human life is about 40 years — not even twice the length of time that elapses from birth to the termination of adolescence.

Why is mankind comparatively much shorter lived than the lower animals?

Why do not we, like other creatures, survive 7 times the length of our growth period?

The answer seems to be that we are continually poisoning ourselves in various ways. Animals, as we have seen, are injured and eventually killed by the toxic wastes of their tissue-cells. But, **human beings have an additional and still more dangerous source of infection.**

This is due to the fact that the colon or lower bowel of the average person is a sewer or cesspool, at all times polluted with billions of poisonous microbes that are continually generating virulent toxins. No one would want to live in a house if the cellar were swarming with dangerous vermin, yet most people seem content to harbour within their bodies, in the lower bowel, tiny micro-organisms that are pouring out poisons every moment.

How can these dangerous germs get into the body?

By every mouthful of food that we eat is invariably swarming with microbes.

These bacteria play a useful, in fact, an absolutely indispensable part in the drama of life on this planet by redistributing the elements of which all living things are composed.

This disintegration of organized matter by Nature's energetic little wreckers, the bacteria, we call putrefaction or decay.

Unfortunately this good work of the protein-splitting microbes is always accompanied by the production of deadly toxins.

Bacteria begin their work of tearing down tissues the moment any creature ceases to live.

Human Life and Longevity

Eugene Lyman Fisk, MD, Director of "Life Extension Institute," New York; says:

> *"Is Old Age a Disease? No, it is not a disease, but it is disease. Neither old age, middle age nor youth are functions of time. They are physical states, the mere expressions of definite incident forces with which time has no more to do as a factor in causation than a tape measure with the height of man.*
>
> ***Current notions with regard to the duration of human life are based largely upon superficial observation and tradition.***
>
> *True, we are faced by the undeniable fact that one-half of the people die before 60 years of age. A lifetime of 70 years is considered as representing the human life cycle and is supposed to be fixed by biological, if not by divine, law. In a sense this is true. That is,* ***the human organism has evolved through many phases to a type that resists the unfavourable factors in environment and faults in its own structure for that period.***

The insidious effects of poisons formed in the body, may be regarded as governed by natural law, but it is quite obvious that with larger knowledge of the operation of such laws, man's intelligence can set in motion influences, also in accord with natural laws, than can profoundly modify the life cycle of man, or of any other organism.

In earlier times such attempts were more along supernatural than natural lines. Some mysterious and marvellous elixir or charm was sought that would enable mankind to withstand the so-called ravages of time, which we now know were mostly ravages of micro-organisms.

If it can be shown that life cycles are not pre-ordained or immutably fixed, we may face the problem of extending the human life cycle, of expanding the power of the human organism, exactly as we would face such problems in the laboratory when dealing with the fruit fly, or the sea urchin, or the star fish, or the tadpole.

There are living organisms such as the redwood tree, that have a life cycle apparently limited only by the geologic age in which they live. There are others that live but a day because of obviously faulty structure.

Working with the fruit fly, Loeb and others have prolonged the life cycle of this organism 900%, merely by keeping it at a lowered temperature and protecting it from adverse factors, such as infection and poison.

Our happiness, our physical independence, is hourly attacked by micro-organisms. Occasionally we have to deal with an emergency situation such as Influenza, where these micro-organisms make a fierce drive against the whole human race.

In the intervals between such attacks we have constantly to deal with the bacteria that attack us insidiously, not always to the point of developing conditions that could be grouped in the classic diseases, yet bringing about a gradual tissue change which we describe as old age or advancing age."

Dr John Harvey Kellogg, MD, Director of the Battle Creek Sanitarium, in "Good Health" says:

> *"What is the natural limit of life for a man no one knows. Human beings rarely have a fair chance to reach the normal existence. The death age represents simply the end of the life-long struggle against unfavourable conditions, life-destroying forces. The body endures as long as it can, then succumbs.*
> ***The structure of the brain, the heart, the liver and the kidneys, of every vital organ is so marvellously perfect, and so wonderfully adapted to its normal purposes, there seems to be no good reason why these organs should not continue to do their natural work efficiently for 2 or 3 centuries or even more, provided they were required to do no unnecessary work or to deal with unnatural or damaging agencies."***

Dr Kellogg arraigns the Putrefactive Bacteria of the intestines as the chief factor in unduly shortening man's life. Leonard Williams, MD, FRCE, French Hospital, London, in "Major Maladies and Their Treatment"

> ***"It is no exaggeration whatever to say that Chronic Constipation is at least a contributory cause in All Chronic Diseases. At the back of the microbe there is to be sought the cause of the microbe, and this cause, in every case is the state of the soil which permits him to flourish. Such a state of soil is described as a Chronic Auto-Intoxication, which is only another way of saying that the drainage system is defective. And when the drainage system is defective to the point of there being a cesspool under the floor of the gastric dining room, the powers of resistance are so reduced that the microbe*** *comes and takes possession with easy and stupefying assurance.* ***There are many diseases about which long articles and even large volumes have been written, which are no more than symptoms of Chronic Intestinal Stasis.***

The percolations from the cesspool have permeated the soil, and the whole carcass becomes inhabited by the fauna and flora of decomposition and disease."

We Are Killed by Bacteria

Before the discovery of germs, all maladies were attributed to the will of providence and death was considered an inscrutable dispensation of the divine.

It was an end to earthly existence, which was an invisible sequence in a moral cosmic order.

But after such discoveries, the outlook has changed.

Scientifically inspired thinkers and speculators began to ask:

Since infections can be controlled, why may it not be possible to defy death altogether?

Why may not man live for century after century, like the California Sequoia?

Or even become immortal?

Practical-minded physiologists tell us that such a vision is irrational.

The human body, and for that matter any highly organized animal body, is so complex, with countless cells interwoven in a single organic unit, that eternal life seems impossible.

Yet careful thinking points out that so far the problem remains unsolved.

In these days, when it seems that science can theoretically control all types of infection and purge the body of chemical poison, the ultimate possibility of continued rejuvenescence cannot be dismissed as utterly impossible." - James Empringham, in "Intestinal Gardening for the Prolongation of Youth", 1938.

Chapter 2

The Prolongation of Youth

"Before the Flood, men are said to have lived 500 and even 900 years. ***As a physiologist, I can assert positively there is no fact reached by science to contradict or render this improbable.*** *It is more difficult, on scientific grounds to explain why man dies at all, than to believe in the duration of human life for 1,000 years." - Dr John Gardner, MD, in "Longevity - The Means Of Prolonging Life After Middle Age" London 1875.*

"With a perfectly balanced endocrine system, man would live forever. In fact, your Fountain of Youth is within yourself." *- Dr Friedenburg, noted physician of New York.*

"The human frame as a machine is perfect. It contains within itself no marks by which we can possibly predict its decay. It is apparently intended to go on forever." *- Dr Munroe*

"Westminster Abbey was begun by King Lucius in A.D. 170. The vaults are crowded with illustrious dead whose monuments cover the walls of the vast church.

One of the smallest slabs — more interesting than all the fine marbles to princes and poets — says:

"Thomas Parr of ye county of Salopp, born A.D. 1483. He lived in ye reigns of 10 Kings: *Edward IV, Edward V, Richard III, Henry VII, Henry VIII, Edward VI, Mary, Elizabeth, James I, Charles I. Buried here November 15, 1635.* ***Aged 152 years."***

Some doubt whether Parr really lived so long.

When in England I spent much time looking up the facts.

Before Parr was interred in Westminster, his history was carefully investigated. The parish register of his native village proves he was baptized in 1483.

Legal documents and court entries show that he inherited a small farm from his father in 1560, and that he took a wife 3 years later when 80.

He married again in 1605 at the age of 122.

When over 130 he pleaded guilty, in court, to the charge of being the father of an illegitimate child. Parr's last days were spent in the Palace.

History says his perfect faculties and marvellous memory made him a matchless entertainer.

No wonder — what reminiscences a man, who lived in 10 reigns, must have had!

After Parr's death, Harvey, who discovered the circulation of the blood, made an autopsy, by order of King Charles, to find out why he lived so long.

The great surgeon's report in Latin, still preserved, states that **Parr died from acute indigestion brought on by indulgence in unaccustomed luxuries.**

All of the old man's organs were in perfect condition and Harvey describes the colon as normal in position and in other respects like that of a child.

Modern microbiologists say that **in this report Harvey unknowingly reveals the secret of Parr's long life, because his minute description of the intestines proves that the congenital, protective flora had not been lost.**

At birth, the bowel of every baby is provided with billions of microscopic bacilli that defend the lower intestine against putrefactive germs.

As a result of unnatural habits and wrong food, the native flora are generally ousted by poisonous bacteria before most people are 30.

The enemy germs generate toxins that leak through into the blood-stream and gradually bring about the degeneration of every organ and gland.

These poisons are the cause of many maladies and the real reason why the majority die of "old age" before they are 80, instead of retaining health and youthfulness until they attain a normal lifespan of 150.

Why do people lose their protective flora?

Why did Parr retain his?

Science says this man never lost his natural bodyguards because he ate fresh fruits, garden produce, and home-grown, unbolted flour.

He took milk and eggs, but no meat, alcohol, tobacco, coffee, tea or foods robbed of minerals and vitamins, and no poisonous preservatives.

In short, **he ate living food.**

The numerous dykes of Parr's farm provided ever-present hiding places where, in accordance with the time-honoured custom of rural England, several times each day, **he squatted in natural, defecating posture, thus ridding the colon of debris before decomposition occurred.**

Moreover, his body was continually vitalized with solar energy because, like most British farm laborers, during much of the year he wore no clothing except "shorts" and shoes.

A study of old parish registers proves that longevity far exceeding the century mark was common among English soil-tillers in medieval days." - Dr James Empringham, MD in "Pandora's Box, what to Eat and why", 1936.

"The lungs showed great venous congestion.

There was no calcification of the ribs — so common in old age. The stomach and intestines were 'perfectly sound, fleshy and strong', but the small intestine showed several constrictions.

The kidneys lay bedded in fat and looked generally normal. But there were a number of small cysts on the renal surface.

Harvey noticed that **there were some abdominal adhesions, mainly between colon and gall-bladder.**

He also saw that the spleen was small and congested like the other abdominal viscera.

They felt that the cause of death seemed 'fairly referable to a **sudden change in the non-naturals, the chief mischief being connected with the change of air,** whereby the praecordia and lungs were more freely ventilated and cooled'.

They thus blamed exposure to London Smog as a main cause of his death." - in "William Harvey's report on Old Parr's autopsy", Age and Ageing, July 1987.

The Monuments of Egypt
And What They Teach Us About Health

"For years, my hobby has been Archaeology — the study of ancient man as revealed by buried cities.

This has led me to make repeated visits to Greece, the Holy Land, and Egypt, as a member of the British and American Archaeological Institutions.

The Ancient Egyptians believed that each soul at the resurrection would be reincarnated.

But they were filled with anxiety lest the new and glorified body might be so changed that their relatives would not recognize them.

They, therefore, did everything in their power to enable the gods to furnish the soul, at the resurrection, with a new body that would closely resemble their earthly form.

To provide the deities with a model for the resurrection body, the flesh of each person after death was embalmed, and, in addition, there was placed in the tombs of the rich, a gold face-mask of the departed, a portrait of the deceased painted on the coffin lid, and a statue of the dead person cut from the hardest stone.

Even the great, rock-hewn Sphinx is simply the crystalized prayer of a dead king for recognition in eternity.

The main purpose of the pyramids was to provide a fireproof, burglar-proof safe, for the preservation of the mummies and death masks of the kings.

But, in this respect, the pyramids were a failure.

Their conspicuity incited the cupidity of thieves, and they were all robbed of their treasures.

The pyramid plan of sepulchre was, therefore, abandoned and the practice grew up of tunnelling burial chambers in the rock-cliffs on the banks of the Nile, leaving no visible door or entrance to betray the location of the tombs and their treasures.

Thousands of these mortuary hiding places have been discovered.

The walls are beautifully decorated with hieroglyphics and paintings.

But the most remarkable of all the many strange things that have been brought to light in these palaces of the dead is the record of the ages to which many in the land of the Pharaohs attained.

According to these hieroglyphics, the Egyptians sometimes lived several centuries — reminding one of the Old Testament Patriarchs.

Some time ago, **a Committee of Physicians of the English Health Education Society visited Egypt for the purpose of studying the conditions under which the former inhabitants of that country lived, with a view to finding out whether there is any likelihood that the Ancient Egyptians attained such great longevity.**

This committee found ten reasons for thinking that the ages inscribed in these Nile Valley tombs are correct.

The first of the grounds given by these doctors asserts:

I. "The ancient Egyptians wore practically no Clothing."

In the later dynasties, the rich, upper classes affected a certain amount of wearing apparel, but the masses of the people wore nothing except the briefest loin cloth.

In their natural habitat, human beings would not need to smother their bodies with artificial coverings.

The cradle of humanity—the region where our ancestors came into being—was, doubtless, a sub-tropical land where clothing was unknown and unnecessary.

Unnatural food has done much to shorten man's life, but clothing probably does more, for it degenerates the largest organ of the body—the skin.

If one-third of the skin be destroyed, we can not live.

This indicates how tremendously important to health the outer covering of the body really is.

Yet, in most people, the skin is always sick and continually fails to function because it is degenerated and largely out of commission as a result of clothing.

The climate of California, like that of Egypt, probably approximates very closely to the conditions that existed in the regions where humanity enjoyed its first and natural habitation.

Statistics prove, that Bright's Disease and Nephritis are 3 times more prevalent in a climate where the air is cold and saturated with moisture, than in a region where the atmosphere is warm and dry.

In hot weather, toxins pass through the pores instead of through the kidneys, provided that little or no apparel be worn to prevent evaporation of perspiration.

Clothing, by retaining moisture in contact with the skin, prevents the invisible perspiration from escaping because the air enclosed between clothing and the body is saturated with moisture and, therefore, cannot absorb the liquid poison from the pores.

The skin is also penetrated by innumerable sebaceous glands.

These tiny organs pour out an oil called ergosterol that lubricates the external surface.

This ergosterol — which must not be confounded with the perspiration from the pores — becomes charged with Vitamin D, by contact with the Ultra-Violet vibrations of the sun. It is then re-absorbed into the system.

Whenever we take a sunbath, we actually eat sunshine, solidified in vitamin D, which is then formed and absorbed, and nourishes the system with its marvellous vitalizing power.

One should try to get the light, but not the heat rays, on the bare body. We advocate dress reform for health.

The second reason given for the longevity of the Egyptians states:

II. "The diet of these people was abundantly supplied with organic mineral salts."

A few years ago, physiologists believed that nothing but carbohydrates, protein, and fats were required for complete and perfect nutrition.

It is now known that in addition to these, certain organic minerals are needed.

Unfortunately, most people in civilized life are starving for iron, calcium, iodine, potassium, and other essential elements.

This is because the majority do not take enough fruits and vegetables, and secondly because cultivated farm and garden products are deficient in organic minerals.

Every time the farmer ships the produce of his soil to the city, he sends in the fruits and vegetables the precious organic salts.

In this way, the land is gradually depleted and, in consequence, the crops do not contain enough minerals.

Moreover, for untold ages, rains have been washing the salts from the land into the ocean.

The sun draws up the water to form clouds that descend as rain, but the minerals never evaporate and so remain in the sea. Thus the ocean continually grows richer in minerals and the land becomes poorer.

Analysis proves that the fruits, vegetables, and grains grown in Egypt contain more minerals than the vegetation of any other country.

No rain falls in the Land of the Pyramids, but each year the Nile overflows its banks and leaves on the land a deposit of rich, black soil from the mountains of Africa.

The Ancient Egyptians ate an abundance of fresh fruits and vegetables raised on this soil, and so had all the organic salts the body requires, and in consequence, were incomparably healthier and longer- lived than men of today.

III. "The ancient Egyptians lived upon uncooked food. Their diet mainly consisted of naturally ripened fruits and vegetables which the abundant sunshine and fertile soil produced in perfection. Milk of various animals and eggs were also used."

The fourth reason given by physicians of the English Health Society to account for the longevity of former inhabitants of the Nile Valley was:

IV. "Ancient Egyptians ate no meat. They lived chiefly on fruits and vegetables."

Natives of Egypt are still vegetarians and a fine race of people.

I found them remarkably free from disease.

The great French engineer, Lesseps, tells us that when he built the Suez canal he employed thousands of English, French, and Egyptians.

The English and French ate vast supplies of meat, but the Egyptians used fruits, vegetables and dairy products.

Yet, Lesseps says, the Egyptians displayed far greater energy, endurance, and freedom from sickness than the meat-eaters.

In consequence, Lesseps tells us, he adopted a fleshless diet.

We know this great engineer remained an enthusiastic vegetarian until he died at 95.

VI. "The ancient Egyptians had the natural habit of frequent evacuation several times daily."

Constipation is the curse of civilization. It is due to loss of natural flora, wrong food, and social conventions that often delay the act of prompt elimination.

Thousands of people pass through life content with but 1 movement in 24 hours.

Modern physiology calls "once a day" Constipation and puts the blame for most of our ills on this injurious habit.

But some physicians insist that it makes no difference whether we have 1 movement or 3.

Who shall decide where doctors disagree?

The practical laboratory analyst — the bio-chemist.

He has the facts which make him a competent umpire.

No microbiologist ever found the colon of a "once-a-day" person, protected by the native Acidophilus Bacillus.

No microbiologist ever found the colon of a "once-a-day" person that was not covered by billions of poisonous bacteria.

It is the invariable experience of all bacteriologists that, other things being equal, the percentage of toxic flora in the excreta bears a constant and exact relation to the frequency and thoroughness with which the colon is relieved of its waste matter.

The attempt to relieve Constipation by taking laxatives is extremely injurious. All laxatives are poisons.

They do not move the bowels — the bowels move them, to get rid of them as quickly as possible.

Nature draws water from the blood through the colon walls to flush out the lower intestine in order to rid the body of the injurious laxatives.

The Health Education societies of England are trying to teach the people to forsake laxatives and to use natural foods that supply the necessary Bulk, Moisture, and Lubrication, for the purpose of naturally relieving the body of its poisonous waste matter.

The seventh reason given by the committee of English physicians to account for the longevity of former inhabitants of the Nile valley, says:

VII. "The ancient Egyptians lived out their normal life span because they did not habitually injure their bodies with poisons."

We have frequently emphasized the fact that time has no effect upon the body of any animal.

This is because every creature is built of billions of microscopic entities — little living bricks — that are continually being replaced by offspring as rapidly as the parent cells die.

Therefore, **every animal would be potentially immortal, were it not for the fact that occasionally these living bricks are poisoned and destroyed by their own excreta before they give birth to a successor.**

Mortification of the body begins before we are 30.

The degenerative changes which we falsely attribute to "age" are really the result of live cells being slowly replaced by dead inorganic material.

Every animal resembles a city with a population a billion times bigger than that of London.

But, the residents are so crowded together that the sewer system fails to get rid of the excreta of the inhabitants fast enough to prevent some citizens from being poisoned and killed every day.

As we have elsewhere explained, humans are provided with a better drainage system than lower animals.

Therefore, mankind would enjoy longer life than other creatures, were it not for the unfortunate fact that, in addition to toxins thrown out by the cells that compose our tissues, our blood-stream is continually polluted with poisons generated by enemy bacteria that have taken the place of the natural, defensive flora of the lower bowel.

Furthermore, modern man shortens his life by eating, drinking, and breathing innumerable poisons every day.

The final and most important reason given by the British biologists to account for the remarkable longevity of the former inhabitants of the Nile Valley states:

> ***"The ancient Egyptians lived in such a way that they did not lose the natural intestinal flora of the lower bowel. They retained the protective Acidophilus Bacilli of the Colon throughout life."***

Frequently we have said that one reason **civilized people suffer from all sorts of maladies, and do not live half their natural life-span is because, in addition to the unavoidable deterioration that continually goes on in the body from the toxic excreta of the cells** of which our flesh is composed, modern man habitually poisons himself with food-preservatives, tobacco, alcohol, drugs, laxatives, and innumerable other deleterious substances.

But there is still another source of injury that does more to shorten man's existence than all other factors combined.

We refer to the damage done by toxins generated by putrefactive bacteria in the lower bowel." - Dr James Empringham, MD in "Pandora's Box, what to Eat and why", 1936.

How to Live Forever

"How to perpetuate life in its ever changing form.

It is possible to live forever by co-operation with the laws of change and growth.

> ***"There is no physical reason at the present day why man should die."*** *- Dr William A. Hammond, MD, Surgeon-General of the US Army*

The body literally and completely turns to dust in less than 1 year, and, during this period, a new body is constructed.

Conscious co-operation with this change is the secret of immortal youth.

Old age and death, are the result of conditions which can be effectually prevented." - Harry Gaze, in "How to Live Forever", 1904.

Chapter 3

The Role that the Human Microbiome Plays in the Longevity of the Body

Regulation of Life Span by the Gut Microbiota in the short-lived African Turquoise killifish

"Bacteria (microbiome) from young fish stools, makes older fish live longer.

The Turquoise killifish (Nothobranchius furzeri) naturally short-lived vertebrate, but it has been shown that they can live much longer with gut microorganisms from younger fish.

This was found by researchers from the Max Planck Institute for Biology of Ageing in Cologne, **their experiments have shown that older fish, live longer after they ingested bacteria from stools of younger fish.**

Their study examined the effects of transplanting gut microbiomes and its effect on the life span.

The young microbiome transplant had a positive effects on the longevity of the fish: their median lifespans were 41% longer than fish exposed to bacteria from middle-aged animals, and 37% longer than fish that received no treatment.

Remarkably, **the 4 most abundant bacterial phyla present in the Turquoise killifish gut, i.e. Proteobacteria, Firmicutes, Actinobacteria and Bacteroidetes, are also the 4 most abundant human gut bacterial divisions** (Zoetendal et al., 2006), although in different proportions." - "Max Planck Society", 2017.

Microbial Genetic Composition Tunes Host Longevity

"Homeostasis of the gut microbiota critically influences host health and ageing.

Through screening 3,983 Escherichia coli mutants, we discovered that 29 bacterial genes, when deleted, increase longevity in the host Caenorhabditis elegans.

A dozen of these bacterial mutants also protect the host from age-related progression of tumour growth and amyloid-beta accumulation.

Mechanistically, we discovered that 5 bacterial mutants promote longevity through increased secretion of the polysaccharide colanic acid, which regulates mitochondrial dynamics and unfolded protein response in the host.

Purified colanic acid polymers are sufficient to promote longevity.

Furthermore, the mitochondrial changes and longevity effects induced by colanic acid, are conserved across different species.

Together, **our results identified molecular targets for developing pro-longevity microbes,** and a bacterial metabolite acting on host mitochondria to promote longevity." - in "Cell", 15 June 2017.

Chapter 4

Thy Youth Is renewed

"Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." *- Psalm 103:5*

"If we supply the conditions of prolonged youth, then with unerring certainty we shall have prolonged youth.

Also, if we supply the conditions of long life, then, barring accidents, long life will follow with unerring certainty.

In 1927 a commission of Bulgarian doctors visited a large number of these old people, and reported they lived on a frugal fare of fruits, vegetables and milk products, usually sour milk and buttermilk; that they are lean to the point of being underweight, according to medical standards.

Only 1 of the group was found to weigh as much as 76kg, **the majority weighing between 55kg and 59kg.**

They are industrious.

Their habit is early to bed and early to rise, and to sleep uncovered as much as possible.

Almost all of them are farmers, and **live in the open air and sunshine.**

Thomas Parr died at the age of 153.

Dr William Harvey, modern discoverer of the circulation of the blood, performed an autopsy, and **found his organic condition good.**

No signs of decay appeared in his organs or glands.

His death was attributed to over-eating of rich food at the royal household of the King, who had invited him thither, as he wanted to learn from the most interesting of his subjects the secret of long life.

Many persons have sunk almost to the brink of the grave, as Cornaro did, and then **turned to Nature after losing faith in doctors and their worthless methods, and not only regained health but lived a long and useful life.**

There is the case of John Bailes, of England, who suffered in middle life from a severe illness of a chronic nature, and was unable to find any doctor who could help him.

The doctors told him he could not get well, and had only a short time to live.

He turned to Nature, adopted a strict mode of living, and lived to be 128 years old.

Capt. Goddard E. Diamond, of San Francisco, at the age of 79 was suffering from a severe case of hardened tissues and blood vessels, with stiffness of the joints.

Yet for 30 years he had lived a life of what is called Vegetarianism.

The tissues of his legs and back were so hardened, that he could not rise from a chair nor sit down without extreme discomfort, and he often required the aid of an assistant.

The tissues of his arms and hands were so stiff, that it was with difficulty that he held a knife and fork to feed himself.

The doctors being unable to give him relief, he turned to Nature, adopted a strict mode of living, and was still alive in 1915, at the age of 119, being born in 1796, while George Washington was still living, and had seen 29 presidents of the U.S.A. elected.

When Diamond was over 100 he was doing gymnastic work with an athletic club that few young men could equal.

At the age 108 he rode a bicycle and walked 32km a day.

He attended social events, and when he was 110 he once danced most of the night with an athletic girl.

Function of Life

The function of Life is to create, sustain and inhabit.

Creation carries with it the power to sustain, and that which is sustained by Life should be immortal.

Life develops man to maturity.

After that, the body should show no change to a downward trend.

Life is eternal. But it can be forced to withdraw from the form it has organized.

When this occurs, the form disintegrates.

But this withdrawal is not necessary nor inevitable.

If the function of Life is to create and develop man, to carry him on to maturity, and sustain him, it should not begin at that point to impair and destroy the body it has made.

Life would not be consistent with its purpose, if it deliberately and wilfully destroyed that which it had created.

Having developed man from a speck, **there is no reason known why Life should not maintain him for an indefinite period. Leading' physiologists assert it would do so, if he obeyed the law.**

The end is hastened by the habit of trying to doctor and cure the Effects of transgression, instead of removing the Cause.

In other words, the belief in the Doctors is another factor that leads to early death.

"Death is not natural.

(If it were, it would not have been necessary for God to pass the death sentence on man — Gen. 2:17).

Death does not inhere in living forms.

There are organized forms of minerals, vegetables and animals that never die.

The Chemical Basis

"The particular chemical composition of the body", writes Mary E. Forbes, "calls for food, of like chemical composition."

She says the medical world knows nothing about this fact.

The faulty work of doctors proves she is right.

The chemical basis of this wearing out is at present not understood. **Old Age seems to be associated in some way with defective calcium metabolism.**

The brittleness of senescent bones is due to the reabsorption of lime salts into the blood.

Moreover, there seems to be an accumulation of poisonous substances in the blood.

Sooner or later one or the other of the essential organs fails and the body dies.

It is important to realize that our cells do not die because mortality is inherent in their internal structure.

They die because they are parts of a very complicated system based on co-operation, and sooner or later one of the tissues lets the others down.

As a matter of fact, living matter is potentially immortal.

If one keeps a culture from the tissues of a young animal and takes sub-cultures regularly, the race of cells can apparently go on growing and dividing indefinitely.

Death is a consequence of incomplete organization.

The tissues die because they are parts of an imperfectly balanced body.

How long it may be possible for a body to sustain its balance and continue indefinitely, or at least for a much longer period than the common life of its species, is an interesting matter for speculation.

> ***"The tissues die because they are parts of an imperfectly balanced body. Be it so, but the imperfect balance is the fault of man, not of the body."*** *- G. P. Wells, H. G. Wells, Julian Huxley, in "The Science of Life", 1929.*

The Power to establish and the Mechanism to maintain a perfect balance in all departments of the body, is inherent in the organism, and requires no aid from Doctors or Nurses.

The body needs only to be permitted to operate unhampered in order to preserve its equilibrium.

The process of repair and renewal is automatic in operation; and science has shown that it is capable of continuing indefinitely, unless hindered by man's faulty habits.

Experience shows that man's mode of living has become so faulty, and so foreign to the Law of Life, that he begins to decline almost as soon as he attains maturity, and often before; and he sinks down in death when he should be in his prime.

Every living organism is self-operating, self-adjusting, self-repairing, self-preserving and self-curing, and so constituted and formed that each and every function, from birth till death, tends towards health alone, and never towards "disease."

By virtue of this, the body will not only, maintain itself in health throughout its existence, but will even restore itself to normality when any violation of the Law of Life has created conditions that are incompatible with its harmonious existence; provided the opportunity be given, and the shock induced by the destructive agent be not too severe.

Good Lungs

Good lungs are found only in the realm of pure air, and pure air is found only in regions far removed from industrialism, commercialism and "modern homes."

Early in 1934 some sincere health seekers went to Panama to live more in harmony with the law of life and enjoy the blessings of health.

> *"**In regard to Pure Air.** I made a circle back of my house 124 feet in circumference. This morning I ran 5 miles around this circle in 45 minutes at a trot. Not fast running. I have already done 10 miles. The amazing thing is, that I don't have to open my mouth in these runs for second wind. In contrast, when I first came here from New York City I puffed and puffed with open mouth for a mile run. In the dry season I go to town on foot for mail, some 18 or 20 miles round trip, once or twice a week.*
>
> *The sun comes out at 7 a.m. and I hoof into town without water or food.*
>
> *On returning, the walk is mostly uphill and hotter towards noon. I passed sparkling streams, yet don't touch water until 5 p.m.*
>
> ***We came to the Tropics for Health, and it is a serious business with us. We look forward to an age of 150 years if we are wise enough to stay in the tropics for the rest of our days."** - Dr Jacob Goldwasser, 14 January 1945.*

The Body Regenerates Every Seven Years

"Dr Howard T. Krasner, Director of the Institute of Pathology, Western Reserve University of Cleveland, searched through the records of 19,000 persons whose bodies had been carefully examined after death, and in not one case had the doctors written down "old age" as the cause of death.

Every patient had died of some ailment that had nothing to do with his age.

Life cannot wear out.

The body cannot wear out.

Why does a person appear to grow old?

The answer is: Degeneration!

What is the cause?

The answer is:

1. Bad Climate
2. Bad environment
3. Bad habits

There is no disease.

There is no cure for what the doctors call disease.

But there is a remedy which is:

1. Good Climate
2. Good environment
3. Good habits.

The body does not wear out.

It is never more than 7 years old.

In every 7 years the body is completely rebuilt and renewed, from the softest tissue to the hardest bone.

The body is self-operating, self-regulating, self-repairing, self-preserving, and self-curing" - George R. Clements, in "Live Better", 1962.

Chapter 5

Body Regeneration

"A continuous change goes on in the substance of the organs of the entire body, by which their parts and materials are constantly decomposed and constantly renewed.
Throughout the whole frame of the body, Nature is incessantly engaged in taking apart the tissues of which the body is composed, and in building them over again of new, fresh materials; so that the tissues of the body are accordingly always renewed and always ready to perform their allotted work." - Dr. John Call Dalton, American physiologist who became the first full-time professor of physiology in the United States, College of Physicians and Surgeons, New York. Physiology.

Life Expectancy

"Man is either the master of himself, or his appetite, *and sensual pleasures master him.* ***If the former, he enjoys health until worn out; and he should go down at from 90 to 150 years of Age."*** *- Dr John Henry Tilden, MD in Toxaemia*

"If you have the right diet, the body is able to live 150, maybe 200 years in the right environment." *- Dr F. Batmanghelidj, MD in recorded video interview.*

Resurrection Naturally

"Perhaps you have heard of the Triops, a small crustacean native to the American Southwest.

The eggs of these amazing creatures can do what none of us can, but what all of us are called to do again and again.

With the ability to dry up, die, then come back to life, they are life's resurrection miracle.

The period between their death and rebirth can be decades or hundreds or thousands of years.

By releasing all their water they enter a state between death and life.

What should we call it? Living?

The twilight zone? Or just waiting and hoping?

There is a great diversity of body shapes among the unhatched creatures who perform this long waiting for rebirth.

Scientists have done unspeakable things to test the faith of these resurrectionists.

Even after they are dangled outside of a space shuttle and exposed to the cold and radiation of outer space, they come quickly back to life when baptized in water.

These creatures confirm what we have long suspected: Resurrection is natural." - Stephen M. Shick, in "Consider the Lilies", 2004.

Cell Regeneration

"Carrel started an experiment on 17 January 1912, he placed tissue cultured from an embryonic chicken heart in a stoppered Pyrex flask.

He maintained this living culture for 29 years with daily supplies of fresh nutrients, then, one day because the laboratory assistant neglected to rinse them with fresh nutrients solution.

The experiment, came to an abrupt ending, the experiment was conducted at the Rockefeller Institute for Medical Research.

After this experiment he stated:

> ***"The cell is immortal. It is merely the fluid in which floats which degenerates. Renew the fluids at intervals, give the cell something upon which to feed and, so far as we know, the pulsation of life may go on forever."*** *- Dr Alexis Carrel, MD*

Scientists Discover Addition of New Brain Cells in Highest Brain Area

"Finding reverses long-held beliefs and has implications for designing therapies.

Princeton scientists have shown that **new neurons are continually added to the cerebral cortex** of adult monkeys.

Elizabeth Gould and Charles Gross report in the 15 October 1999 issue of Science that the formation of new neurons or nerve cells - neurogenesis - takes place in several regions of the cerebral cortex that are crucial for cognitive and perceptual functions.

The cerebral cortex is the most complex region of the brain and is responsible for highest-level decision making and for recognizing and learning about the world.

> *"This is an absolutely novel result, these data scream for a reanalysis of human brain development." - William T. Greenough, Director of the neuroscience program at the University of Illinois' Beckman Institute.*

The new finding in the cerebral cortex is much more dramatic, the Princeton team believes, because the cortex is the largest and most advanced part of the brain.

The earliest cells, found in the walls of the ventricles and then migrating toward the cortex, were not yet mature.

By the time they reached the neocortex - a matter of days - they had developed into mature neurons." - Steven Schultz, in "News From Princeton University", 1999.

Brain Regeneration

In 2016, a 2 year old girl drowned in a pool at her home.

The girl was submerged between 5 to 15 minutes, her mother started CPR, in 10 minutes the Paramedics arrived, the girl organs where not working, and was dead on arrival at the hospital.

After 100 minutes of continuous CPR, the girl was miraculously revived, but brain dead.

Doctors of Medicine told her parents, that if she survives the next 48 hours, she would permanently be left in a vegetative state, with no brain activity, and no medical treatment available.

Her parents immediately start to research an alternative, their research led them to Hyperbaric Oxygen Therapy (HBOT), which enhances the body's natural healing process by inhalation of 100% oxygen.

Just after 40 Hyperbaric Oxygen Therapy sessions, the girl went from a vegetative state to being able to pulling herself to stand and taking some steps, all her speech returned, she became the first person (properly recorded) to regrow brain tissue, with her brain MRI as normal.

"The little girl, whose heart didn't beat on her own for 2 hours after drowning, showed deep grey matter injury and cerebral atrophy with grey and white matter loss after the incident, and could no longer speak, walk, or respond to voices.

She was in the water for 15 minutes before being discovered and had experienced cardiac arrest, and while her mother immediately began CPR, Eden wasn't successfully resuscitated for 2 hours, being eventually revived.

Amazingly, thanks to a course of oxygen treatments – including Hyperbaric Oxygen Therapy (HBOT), were able to significantly reverse the brain damage." - in "Scientists Have Reversed Brain Damage in a 2-Year-Old Girl Who Drowned in a Swimming Pool", Science Alert, 19 July 2017.

Organ Repair and Regeneration

"A number of organs have the intrinsic ability to regenerate, a distinctive feature that varies among organisms.

However, when its underlying mechanisms are unraveled, it holds tremendous therapeutic potential for humans.

In this review, we chose to summarize **the repair and regenerative potential of the following organs and organ systems:**

Thymus, Adrenal gland, Thyroid gland, Intestine, Lungs, Heart, Brain, Liver, Blood vessels, Germ cells, Nervous system, Eye tissues, Hair cells, Kidney, Bladder, Skin, Hair follicles, Pancreas, Bone, Cartilage.

Organ regeneration is a promising therapy that can alleviate humans from diseases that have not been yet cured.

It is also superior to already existing treatments that utilize exogenous sources to substitute for the organ's lost structure and/or function(s)." - J.A. Baddour, in "Organ Repair and Regeneration", 2012.

How does the Body Rejuvenate

Millions of cells die each day, while a **million new cells are born each and every hour.**

Every 90 days our Blood cells renew.

Every 48 Hours to build new Skin in the palm of the hand.

Several months to renew Stomach Walls, Liver & Kidneys tissue.

Every 3 years the Soft Tissues (organs) renew.

Every 7 years the Hard Tissue (bones) renew.

If the body has the right nutrients then it can renew, rejuvenate itself.

This is an autonomic & automatic function, and functioning of the body.

If the only nutrients available to our cells are of poor quality, then it stands to reason that the cells may still use these poor-quality nutrients and manufacture poor quality cells.

The cells we accumulate transform into health or disease.

The Liver

Liver cells turn over every 300 to 500 days.

The human liver has an amazing capacity to regenerate itself.

Remove up to 70% of the organ and it will grow back to its normal healthy size in as little as a couple of months Surgeons have even removed as much as 90% of the liver, although recovery is incomplete.

The Eyes

The surface of the cornea is covered in a thin layer of cells that is continually renewed.

Complete turnover is every 7 to 10 days.

The Nerves

Damaged nerve cells can regrow to some extent, as long as the nerve cell body is intact.

The rate of nerve regeneration after injury is thought to be around 2 to 3mm per day.

The Gut

The gut lining is replaced every 2 to 3 days.

Some cells last longer – those that release antimicrobial fluid last 6 to 8 weeks.

The Heart

At least 1% or more of the heart cells are renewed ever year.

The Lungs

The lining of the bronchial tubes is replaced every 2-10 days. Microscopic air sacs called alveoli last 4 to 5 weeks.

The Brain

There are two areas of the brain that do regenerate, the olfactory bulb that governs our sense of smell, and the hippocampus, which is an area for learning.

The Blood

Oxygen-carrying red blood cells are replaced every 4 months.

The most common type of white blood cell, neutrophils, only last for a few hours.

Another important type called lymphocytes are replaced at a rate of 10,000 cells every second.

Regeneration and Longevity

"I tell my patients even to this day, that it will take a year for their health problems to be solved, and their bodies to become well again.

It takes time, as much as 7 years, to make new bones.

It takes just 48 hours to build new skin on the palm of the hand, but months to build a new stomach wall.

It takes months to renew a kidney.

So, we need to be patient while the body rebuilds and renews itself.

Consider the following story told by J. Oswold Empringham in his book: "Pandora's Box: What to Eat and Why".

The story is about one of the longest-lived men in Western history: Westminster Abbey was begun by King Lucius in 170 A.D.

The vaults are crowded with illustrious dead whose monuments cover the floor and walls of that vast church.

One of the smallest slabs — more interesting than all the fine marbles to princes and poets says:

> ***"Thomas Parr of ye county of Salopp, born A.D. 1483. He lived in ye reigns of 10 kings: Edward IV, Edward V, Richard III, Henry VII, Henry VIII, Edward VI, Mary, Elizabeth, James I, Charles I. Buried here 15 November 1635. Aged 152 years."***

Before Parr was interred in Westminster, his history was carefully investigated.

The parish register of his native village proves he was baptized in 1483.

Legal documents and court entries show that he inherited a small farm from his father in 1560, and that he took a wife 3 years later when 80.

He married again in 1605, at the age of 122.

When over 130, he pleaded guilty, in court, to the charge of fathering an illegitimate child. He was a farmer all his life.

His great age attracted the notice of the King who invited him to the palace for a visit, as the King wished to investigate his exceptional longevity.

Parr's last days were spent in the palace.

History says his perfect faculties and marvellous memory made him a matchless entertainer. No wonder.

What reminiscences a man who had lived 10 reigns must have had!

After Parr's death, William Harvey, the English physiologist who discovered the circulation of the blood, performed an autopsy, by order of King Charles, to find out why Parr had lived so long.

The great physician's report in Latin, still preserved, states that Parr died from acute indigestion brought on by indulgences in unaccustomed luxuries.

All of the old man's organs were in perfect condition, and Harvey describes the colon as normal in position and in other respects like that of a child.

Modern microbiologists say that in this report, Harvey unknowingly reveals the secret of Parr's long life, because his minute description of the intestines proves that the congenital, protective flora had not been lost." - Dr Bernard Jensen's, DC, in "Guide to Better Bowel Care", 1999.

Chapter 6

Discoveries

William Harvey Discovery

"Until William Harvey made his discovery on the Circulation of the Blood, the modern world was without a fundamental principle upon which to base any attempt to rejuvenate the body.

This knowledge is still so new, that medical schools are in darkness on the subject of rejuvenation. It is now known the blood is a vast transportation system, with many functions.

It carries new material to all parts of the body to repair and renew its constantly decaying cells, and carries off for elimination their waste and excretory products.

This recently discovered knowledge proves the River of Living Water is the Fountain of Youth, by which every part of the body, every hour of its life, is incessantly repaired, renewed, rejuvenated, from the softest cell to the hardest bone.

That is Regeneration in every sense of the word.

The great Metchnikoff was jeered by his medical brethren when he answered these questions.

He declared that deterioration of bodily structure and old age are due to minute quantities of poisonous substances in the blood.

His work furnished the first logical explanation in modern times of the degenerative changes that occur in the body, and why.

His findings have been confirmed by research workers, including Dr George W. Crile, Dr James Empringham, and Dr Alexis Carrel, MD

1. Crile says: **"There is no natural death. All deaths from so-called natural causes are merely the end-point of a progressive acid saturation."**

2. Empringham says: **"All creatures automatically poison themselves. Not Time, but these toxic products (in the blood) produce the senile changes we call old age."**

3. Carrell, famous biologist of the Rockefeller Institute, asserts:

> ***"The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at proper intervals, and give the cell nourishment upon which to feed, and, so far as we know, the pulsation of life may go on forever.*** *Quickly, involuntarily, the thought comes: Why not with man? Why not purge the body of the worn-out fluids, develop a similar technique for renewing them — and so win immortality?"*

" - George R. Clements, in "Live Better", 1962.

Telomere Effect

Living Younger, Healthier and Longer

> *"Elizabeth Blackburn was awarded the 2009 Nobel Prize in Physiology or Medicine in 2009, "for the discovery of how chromosomes are protected by telomeres and the enzyme telomerase". - in "Nobel Foundation"*

What Are Telomeres?

"Imagine "a shoelace" with "the tips of the ends of the shoelace are protected.

Those tips have to be long enough and intact to stop the shoelace ends from fraying."

We have many of those tiny "shoelaces": They are our precious genetic material, the DNA.

If we "don't have good tips at the end of" our "DNA (those tips are called telomeres), then the DNA will start

fraying, and cells will start ageing.

When "they wear down, cells don't work properly, and cells can't replenish tissues.

Our mental well-being and state of mind have real impacts on the wearing down of the telomere ends."

That has a direct effect upon our "body healthy".

Have fun, get exercise, say something warm to somebody every day", and eat "healthy food".

These are things that will help to preserve your telomeres, by "making it less likely that these things will happen and less likely that they'll come on earlier.

So we're extending our health span."

Elissa Epel, psychiatry professor at University of California, San Francisco:

"How were telomeres discovered?

"Elizabeth conducted experiments with model organism like single-celled organisms, and discovered what they consist of, and an enzyme that would lengthen telomeres and keep those cells alive in a way that made them immortal.

The importance of this discovery, "is that it is not just determined by the genetics that create us and the health of the body, but also the health of the mind, the patterns of thinking, that we carry around with us, year after year.

Outside of our body, there are many things impacting our health that we're not aware of", and many of these can affect it".

They show up as factors that affect telomere length.

The quality of our social relationships, the neighbourhood we live in, is also associated with the health of our telomeres. **What we have now is a link between the social environment we live, in and the rate of our cell ageing an example of the mind-body connection.**

Look at your day carefully, and notice what you're doing that could be wearing out your telomeres.

Are you doing things like eating processed meat or

drinking sugared soda?"

Or do you have a stressful lifestyle.

"Look at your day and see what can be toxic if it adds up day after day over a period of years.

Take time "every day for a mind-body exercise, that tunes up your nervous system, bolsters your stress resilience." - interview by Tracy Moran, in "Science Shows: Ageing Is in Your Head", OZY, 2017.

> ***"Life is the creative force, functioning in the body. In health functions smoothly and silently. The body is self-operating, self-regulating, self-repairing, self-preserving, and self-curing".*** *- George R. Clements, in "Live Better", 1962"*

Autophagy

Its role in the Maintenance, Rejuvenation
and Repair Mechanism of the Body

In 2016 the Nobel Prize in Physiology or Medicine was awarded to Yoshinori Ohsumi, "for his discoveries of mechanisms for autophagy".

Autophagy is the way cells break down non-functional organelles and proteins in the cell.

It protects cells against damage and death to promote longevity.

Autophagy also facilitates the destruction of intracellular infectious pathogens.

Autophagy: A dynamic Cellular Recycling Process

Autophagy plays an important role in the maintenance of energy homeostasis, both at the cellular level and within the organism as a whole.

Thus a key player in Cellular and Body Metabolism.

1. Degenerates the waste generated by the Body

Autophagy and apoptosis control the turnover of organelles and proteins within cells, and of cells within organisms, respectively. **Autophagy may be regarded as a mechanism of cellular cleansing.**

2. Makes fuel for their renewal

Maintenance of energy homeostasis, both at the cellular level and within the organism as a whole.

3. Fight off infections with bacteria

Autophagy not only degrades components of host cells but can also target intracellular bacteria and thus contribute to host defences.

This shows that the body is equipped with mechanism of maintenance which allow it to self repair and rejuvenate.

As long the individual does not hinder the process by liberal consumption of food stuffs detrimental to both digestion and to the body.

Chapter 7

Extension of Life-Span

"Experimental investigations, carried through a number of years in the Department of Zoology of the University of Chicago, have shown these flat-worms, when well fed, grow old just as the higher animals do, but that they may be made young again in various ways.

When these animals are deprived of food, they do not die of starvation in a few days.

They are able to live for months upon their own tissues.

During the time of fasting they become smaller and may be reduced to a minute fraction of their original size.

When fed again after such fasting, they show all the physiological characteristics of young animals.

With continued feeding, they go again through the process of growth, and of becoming old, and may be made young again by fasting. One group of the worms was well fed, and "every 3 or 4 months passed through the cycle of growing old and reproducing.

The other group was given just enough food to maintain the animals at a constant size.

The worms of this group remained alive and in good physiological condition without become appreciably older as long as the experiment continued — that is, during some 3 years.

With abundant food, this species may pass through its whole life history, in 3 or 4 weeks.

But when growth is prevented by fasting, it may continue active and young for at least 3 years, as the foregoing experiment has demonstrated and doubtless for a much longer period.

According to the observation of Julian Huxley, the extension of the life-span in this experiment is roughly equivalent in man to keeping a person alive from the time of Chaucer (1340-1400) down to the present date." - Prof. C. M. Child, Chicago University, 1960.

Death is not a universal accompaniment of life

"There is, therefore, a constant battle going on between the higher forms of tissues and the lower, with a steady mastery on the part of the lower.

Man, the highest manifestation of animal life, suffers most from the condition known as old age.

In many of the lower organisms death does not occur, so far as we at present know, as a natural and necessary result of life.

Death with them is purely the result of an accident, some external cause.

Our existing science leads us therefore to the conception that natural death has been acquired during the progress of evolution of living organisms." - in "Canada Lancet", 1909.

> ***"Biologists assert that if the cells of a man of 40 can be regenerated to equal those of a youth of 17, it is possible to keep them indefinitely in that condition. If that is possible, then it is certainly within the limits of that possibility."*** *- Dr Robert Walter, MD, in "Vital Science", 1899.*

The Immortal Cells

"The question is not when cellular immortality was lost, but rather when immortality was partitioned from a mortal segment.

The separation provided the option both for senescence and evolution in multicellular organisms.

In colonial flagellates, separation of cells with infinite and finite cell lifespan potential occurred in some species, while **in others the separation did not involve loss of immortality.**

In colonial flagellates, sex did not become an obligate stage. **The immortal cells are haploid and could not accumulate damage and live** (in contrast with the diploids in the ciliated protozoans).

The present theory predicts that differences between species or cells with infinite versus finite lifespan potential may reveal differences in the critical determinants of longevity.

Senescence could arise as an accident, as well as a design of nuclear differentiation.

Cells therefore may have a much greater reserve for totipotency than would be predicted, if they were assumed to lose immortality simply by the act of differentiation." - Joan Smith Sonneborn, in "Longevity in the protozoa", 1987.

Biological Immortality

From the biological point of view, science knows that immortal cells exist.

Bacteria are unicellular organisms that do not age, so that as long as they do not get sick, are eaten or destroyed by other organisms, and are kept with clean fresh nutrients, and their excretions removed daily, bacteria then has the ability to live indefinitely.

In multicellular organisms science has also discovered two types of cells that do not age. And among the immortal cells there are some that are good and others which are bad.

The good cells, are the germinal ones that do not age, and are in charge of the reproduction of the species.

The bad cells are cancer cells, these also do not age and are the result of mutations.

The Immortal Cells of Henrietta Lacks

Henrietta Lacks was an African American woman, that in 1951 went to Johns Hopkins Hospital for treatment, there two samples of Henrietta's cervix were removed: a healthy part, and a cancerous part.

The cells from her cervix were given to Dr George Otto Gey. These cells became known as the HeLa **immortal cell line**, which is a commonly used cell line in biomedical research today.

The Body Tissues are Immortal

"Carrel's experiments (Carrel has cultivated for over 7 years and through 1,390 passages in vitro a strain of connective tissue, and concludes that connective-tissue cells have the power of multiplying indefinitely in suitable culture media), prove that the tissues are for all practical purposes immortal and show the best results when their toxic products are carried off effectively." - Dr Alexander Bryce, MD, CM, DPH, in "Intestinal Toxaemia; or, Auto-Intoxication in the Causation of Disease", 1920.

Alexis Carrel & Cell Immortality

Dr Alexis Carrel, MD (1873–1944) was a French surgeon and biologist who was awarded the Nobel Prize in Physiology or Medicine in 1912 for pioneering vascular suturing techniques.

He invented the first perfusion pump with Charles A. Lindbergh opening the way to organ transplantation.

> ***"Men cannot follow modern civilization along its present course, because they are degenerating.***
> *They have been fascinated by the beauty of the sciences of inert matter.* ***They have not understood that their body and consciousness are subjected to natural laws, more obscure than, but as inexorable as, the laws of the sidereal world. Neither have they understood that they cannot transgress these laws without being punished. They must, therefore, learn the necessary relations of the cosmic universe, of their fellow men, and of their inner selves, and also those of their tissues and their mind. Indeed, man stands above all things.***
> *Should he degenerate, the beauty of civilization, and even the grandeur of the physical universe, would vanish.*

> ***Humanity's attention must turn from the machines of the world of inanimate matter to the body and the soul of man, to the organic and mental processes which have created the machines and the universe of Newton and Einstein."*** *- Dr Alexis Carrel, MD, in "Man, The Unknown", 1935.*

"I would digress here to call attention to an important point. Every portion of the body is constructed of living cells which perform various functions.

They all, however, receive nutriment from the blood stream; they digest that food, and they evacuate into the blood stream the products of their digestion, so that each cell represents in function the body of which it composes the ultimate element.

To impress on your minds the vital importance of removing from the body the products of digestion as soon as possible, and the very serious harm that results from leaving the evacuations too long in the bowel, I would remind you of experiments made by Dr Alexis Carrel, in the Rockefeller Institute in 1911.

He for the first time succeeded in growing living tissues on microscope slides, for which and other research work he received the Nobel prize.

He supplied to these tissues every day a quantity of nutriment.

He found that, if he washed away the products of digestion of these cells, in other words the material they evacuated, the cells grew and thrived.

If he postponed removing their evacuations, and these were in contact with them for 2 days, the cells did not thrive so well.

If he left the material for 3 days the cells became languid and feeble, and if he left it for a longer period they died.

You see, therefore, that while a moderate amount of saturation of the cells by the products of their digestion lowered the vitality of the cells, a more prolonged insanitary state resulted in their death, in spite of food supplied to them in abundance daily.

The cells which I saw growing in New York in 1911 are growing and thriving still, and will probably continue to grow indefinitely as long as they are provided with a daily meal and a daily evacuation.

In other words there is no such thing as death of living tissue providing its drainage is perfect and it obtains a sufficient supply of food.

When the drainage of these growing tissues is not properly attended to, the component cells do not die of starvation, but of Autointoxication.

The same applies to humanity generally." - Sir William Arbuthnot Lane, Surgeon, in "The Prevention of the Diseases Peculiar to Civilization", 1929.

Hayflick's Limit Theory

"A concept of a "life clock" has been introduced by some authors (Robinson 1979; Ewbank et al. 1979; Lakowski and Hekimi 1996), to explain the termination of existence of the single-cell organism.

In such a theory, the cause of degeneration or ageing of a single-cell organism is the "biological clock" inherent in the cell nucleus, and such a mechanism determines in advance the life span of a cell.

According to this general idea, ageing is intrinsic to all cells, to their nucleus and their genes.

Only a secondary role was attributed to the cell integument (Zg-Nahy, 1979).

While the nucleus and cytoplasm are seen as playing a primary role in the mechanism of the life-supporting infrastructure of a cell, the environment-cell interface and energy exchange processes occurring within the cell membrane are mostly neglected (Pier, 1997).

L. Hayflick has shown that a cell has a limited number of divisions, equal to the so-called "Hayflick's Limit".

However, **Prof. Dr Vladimir Veniaminovich Frolkis and others (Loo et al. 1987; Nooden and Tompson 1995; Frolkis 1988a), have shown that the number of cell divisions can**

be considerably greater than that stipulated by the "Hayflick Limit", having practically no limit at all.

Not very widely known experiments carried out by Lorande Loss Woodruff (1879-1947), and Sergei Ivanovich Metalnikov (1870–1946) in 1917, showed that thousands of consequent generations of a single cell organism were obtained by transferring every new generation of the initial cell into a fresh nutrient solution (Frolkis 1988).

During the experiments performed, none of the cells observed showed any degeneration whatsoever.

The cells were divided normally in compliance with their intrinsic program.

Numerous experiments were carried out for decades, until final artificial interruption.

No appearance of dead cell "corpses" were ever detected.

Based on these observations, L. Woodruff concluded that ageing is not a major property of living matter, i.e., that there are no mechanisms of ageing in the cell organism itself, but **ageing could be caused by hostile "poisoned" cell surrounding medium.**

According to Woodruff, this poisoning results in the blocking of physiological functions of the membrane, which in turn leads to dysfunction of the cell's inner system.

In the end, the successive generations would fail, and at some moment cell division would cease (Frolkis, 1988).

A few years before 1912, A. Carrel drew similar conclusion about possibility of the permanent life of the cell tissue (Carrel, 1912).

Due to a genome's possessing the capability of self-repair, under appropriate conditions, with minor cell damage, the cell may maintain itself indefinitely (Hadshiew, et al. 1999; Wei et al. 1993).

V. Frolkis (1988) states that deprivation of oxygen, due to pollution of the surrounding medium of the cell by its metabolic by-products, leads to energy deprivation of a cell, leading to blocking of its protein-related, fat and hydrocarbon metabolic processes, negatively influencing cell functions and cell structure.

In such situations, **degeneration in consecutive cell generations then takes place**, and the harmonious interaction of the **"organism-nutrient" system is disrupted.**

Thus, the work of L. Woodruff, S. I. Metalnikov, L. Franks and V. V. Frolkis, counter the aforementioned "clock" theory as questionable.

According to these authors, special inner programs and mechanisms of self-destruction are simply unnecessary.

The environment (surrounding medium) is rather aggressive toward all material formations, and toward living creatures as well, constantly exerting destructive influence upon them.

Therefore, it may be reasonable to assume that the causes of destruction of an organism is not driven by some inner mechanisms, but **are the result of a destructive interaction between the "living organism" and the "nutrient medium"**, as manifested at the boundary (interface) of such an interaction." - Valery Chuprin & William Mihajlovic, in "Three layer functional model and energy exchange concept of Ageing Process", 2006.

> *"A pupil of Mcchnikov and Pavlov, Sergei Ivanovich Metalnikov (1870-1946), a graduate of St. Petersburg University, has conducted in 1926 (together with V.A. Chorine) pioneering experiments in neural regulation of immune response, thus founding the branch of Neuroimmunology (Metalnikov and Chorine, 1926).* ***Metalnikov a protozoologist, studied the ageing of unicellular organisms in culture; hence the idea of protozoan "immortality"*** *greatly influenced him.*
>
> *He developed an original neuroimmune gerontological doctrine (Metalnikov, 1917), according which human senescence is not naturally programmed within the cells, but rather interpreted as a result of cumulative effect of Sergei Ivanovich Metal'nikov (1870-1946) occasional ontogenetic events, damaging the neural control over body functions, including immunity." - Leung Ping-chung, Woo Jean, Kofler Walter in "Health, Wellbeing, Competence And Ageing" 2013.*

The Immortality of Turritopsis Nutricula

This was discovered by chance on the Northwest coast of Italy in 1988 by the then German student of marine biology Christian Sommer.

The student took the animal to the laboratory and observed it for several days.

And he was surprised by what he saw: **the jellyfish just did not die.**

That is to say, **it aged and rejuvenated successively.** (1)

The Japanese Shin Kubota, from the Kyoto University one of the world's greatest specialists in this jellyfish, in experiments made also confirmed **the immortality of Turritopsis Nutricula.**

Repeating rejuvenation of Turritopsis sp. from medusa to polyp was observed 10 times, which is the most numerous number of such a reversal life cycle.

Starting from a single immature medusa collected from Okinawa Island, southern Japan in May 2009 as a founder, every rejuvenated hydroid colony was continuously cultured for about 2 years, being kept separately in respective tank filled with fresh natural sea water (32 psu) at Shirahama, Wakayama Prefecture, Japan in a running sea water system in the laboratory at 21-29°C without strong natural sunlight which may induce algal growth on rearing vessels, and being fed mainly with Artemia Nauplii. (2)

References:

1) Bavestrello, G. et al. Bi-directional conversion in Turritopsis nutricula (Hydrozoa). Aspects of Hydrozoan Biology, Scientia Marina. 56(2–3), 137–140 (1992).

2) Kubota, S. Turritopsis sp. (Hydrozoa, Anthomedusae) rejuvenated four times. Bulletin of the Biogeographical Society of Japan 64, 97–99 (2009).

Immortal Stem Cells

"Human Embryonic Stem Cells capture the imagination because, they are immortal and have an almost unlimited developmental potential.

After many months of growth in culture dishes, these remarkable cells maintain the ability to form cells ranging from muscle to nerve to blood — potentially any cell type that makes up the body." - Junying Yu and James A. Thomson, in "NIH Stem Cell Information Home Page", 6 March 2018.

Pluripotent Stem Cells

Pluripotent Stem Cells, are cells that have the capacity to self-renew by dividing and to develop into almost any cell in the body (except those that form the amniotic sac and the placenta), and therefore into all cells of the adult, they can propagate indefinitely, as well as give rise to every other cell type in the body (such as neurons, heart, pancreatic, and liver cells), they represent a single source of cells that could be used to replace those lost to damage or disease.

These cells are present in the early embryo which consists mainly of pluripotent stem cells.

Chapter 8

Observations on Longevity

"Work and Moderation are the main sources of health, happiness, and long life." *- Sir Hermann Weber, MD, FRCP, in "On Means for the Prolongation of Life", 1908.*

""We speak that we do know", and that which you may prove to be true, if you will Try It.

In consequence of adopting the plan of eating healthy, doing exercise, drinking fresh pure water, and maintaining all good habits, I have been enabled to do without the least particle of medicine since April, 1842.

Constipation has made its exit, headache and I soon began to be on bad terms, and it threatened to leave me altogether, if I did not, sometimes, treat it with a little tea, coffee, or something more comforting than pure cold water.

However, after mature deliberation, I rejected the proffered terms; consequently we parted; and since that time, whenever it makes a call, it finds such a cold reception, that it soon takes its departure.

"If mankind always lived precisely as they ought to live, they would, as a general rule, most certainly pass through the several states of life, from infancy to old age, without sickness; *enjoying, through their long-protracted years, health, serenity, and peace; individual and social happiness; and gradually wear out their vital energies, and finally lie down, and fall asleep in death, without agony — without pain."- Dr Sylveste Graham, in "Lectures to Young Men" , 1834.*

Disease is not natural, but artificial; as much so as any production can be artificial.

Man, at his creation, was endowed with the gift of health, and was destined to enjoy longevity, and not to be the sickly, suffering creature we now behold him.

> *"He was designed to enjoy health, and sink by slow degrees into the bosom of his parent earth, without disease or pain." - John Frank Newton, in "Vegetable Regimen", 1822.*

"How long, in general, can man live?" facts answer, "from 150 to one 170, and even 200 years."

In giving a more detailed account of individuals in different ages and countries, who have been remarkable for health and longevity, we may mention Democrates, the searcher of nature, a man of good temper and serene mind, who lived in good health to 109 years.

Zeno, the founder of the Stoical sect, and a master of the art of self-denial, attained nearly to the age of 100 years.

Palemon, of Athens, in his youth led a life of debauchery and drunkenness; but when about 30 years of age, he entered the School of Zenocrates, when in a state of intoxication: he was so struck with the eloquence of the Academician, and the force of his arguments, that from that time he renounced his dissipated habits, and adopted the principles of the "Nature's Beverage Society"—drinking no other beverage than water.

He died at an extreme old age. — See Tem. Biblioth. Class in loco.

Cato, who was said to have had "an iron body, and an iron mind", was fond of a country life, a great enemy to physicians, and lived to near 100 years.

A very remarkable collection, in regard to the duration of human life, in the time of Vespasian, has been presented to us by Pliny, from the records of the census, a source worthy of great credit.

It there appears that, in the year when that numbering took place, the 76 of our era, there were living in that part of

Italy which lies between the Apennines and the Po, only, 124 men who had attained to the age of 100 years and upward, viz.: 51 of 100; 57 of 110; 2 of 125; 4 of 130; 4 of from 132 to 137: and 3 of 140.

Besides these, there were living in Parma, 5 men, 3 of whom were 120, and 2 were 130; in Placentia, 1 of 130; at Facentia, a woman of 132; and in Velligacian, a small town near Placentia, there were living 10 persons, 6 of whom were 110, and 4 were 120.

Francis Secardia Hongo died A.D. 1702, aged 114 years, 10 months, and 12 days. He left behind him 49 children — was never sick in his life.

His sight, hearing, memory, and agility were the surprise of all who knew him.

At 110, he lost all his teeth; but he cut 2 large ones, in his upper jaw, the year before he died.

He never used to drink strong drinks, coffee, etc.; never used tobacco; and his only drink was water.

His habits, in other respects, were temperate.

In the "Miscellanea Curiosa" may be found an interesting account of a man 120 years of age, without the loss of a tooth, and of a brisk and lively disposition, whose only drink, from his infancy, was pure water.

Sinclair, in his "Code of Health, etc.", speaks of the famous civilian, Andrew Tieraqueaus, who is said, for 30 years together, to have given yearly a book, and by the same wife a son, to the world, and who lived to a good old age.

He never drank any thing but water, from his infancy.

In the year 1792, died in the duehy of Holstein, an industrious day-laborer, named Stender, in the 103rd year of his age.

His food, for the most part, was oatmeal and buttermilk.

He rarely ever ate flesh; he was never sick, and could not be put out of temper.

He had the greatest trust in Providence; his chief dependence was in the goodness of God, which no doubt greatly conduced to his health and longevity.

Ant. Senish, a farmer of Puy, in Limoges, died in 1770, in the 111th year of his age.

He labored till within 14 days of his death.

His teeth and hair remained, and his sight had not failed him.

His usual food was chestnuts and turkey-corn.

He had never been bled, nor used any medicine.

Died, on the 26 June, 1838, at Bybrook, Mrs. Letitia Cox, upward of 160 years of age.

She declared she had never drank any thing but water during the whole of her life; as did also another woman, at Holland Estate, who died 18 months before, at the age of 140.

Lewis Cornaro, a Venetian nobleman, died at Padua, in 1565, at above 100 years of age. In early life he had been very intemperate, and consequently greatly diseased.

From his 35th to his fortieth year, his life was a burden to him.

By a regular way of living, he repaired his health, in a remarkable manner; and in his 81st year says, "I am free from apprehension of disease, because I have nothing in my constitution for a disease to feed upon—from the apprehension of death, because I have spent a life of reason.

I know that, barring accidents, no violent disease can touch me.

I must be dissolved by a gentle and gradual decay, like oil in a lamp, which affords no longer life to the dying taper. But such a death cannot happen of a sudden."

Richard Lloyd died near Montgomery, aged 132 years and ten months.

He was a tall, strong, upright man; had no grey hairs; had lost none of his teeth; and could see to read without spectacles.

His food was bread, cheese, and butter, for the most part; and his drink whey, buttermilk, or water, and nothing else. But being persuaded by a neighbouring gentleman to eat flesh-meat, and drink malt liquor, he soon fell off, and died.

Dr Lower speaks of a man in the north, aged 120, who had been accustomed to eat very little animal food, but lived upon oatmeal pottage and potatoes, and sometimes he took a little milk.

He was a laboring man, and never remembered being sick.

Dr E, Baynard gives an account of one Seth Unthank, then (1706) living at Bath, whose chief drink was sour buttermilk.

He was wonderfully nimble, and, not above 2 years before, had walked from Bath to London, 106 miles, in 2 days, and came home again in 2 days more.

His uncle was 126 years old when he died, and had been one of the Bishop of Durham's pensioners.

The doctor also speaks of one John Bailes, of Northampton, whom lie visited, then living, in his 129th year.

He says he had a very strong voice, and spake very loud; and told the doctor he had buried the whole town (except 3 or 4) 20 times over.

"Strong drink," quoth the old man, "kills" em all."

He was never drunk; his drink was water, small beer, and milk; and his food, for the most part, was brown bread and cheese.

He cared not much for flesh- meats.

Mrs. Hudson lived 105 years, and then died of an acute disease, brought on by catching cold.

She could see to thread a needle at that age.

Her food was very little else than bread and milk, all her lifetime.

Louis Wholeham, of Ballinamona, Cork, died at the age of 118 years and seven months.

He had not lost a tooth, nor had he one gray hair on his head. His diet, all through life, was mostly potatoes and milk; but, on an average, he had flesh 1 day in the week, until the last 10 years, when lie took a dislike to it, and could not eat it.

It is a remarkable fact, showing how we cling to life, that he declared, on his death-bed, that he should have been more resigned to die 80 years ago than he was at that time.

Joice Heath, of America, was being exhibited in several of their large towns, at the age of 162; and when asked what was her food, said, "Corn-bread and potatoes is what I eat."

Francisco Lupatsoli, of Smyrna, lived 113 years.

He drank nothing but water and milk; having used neither tea, coffee, etc.

He lived chiefly upon bread, figs, etc. He could hear well, and see without spectacles, even to the last.

Zeno is said to have died at the age of 98 years, having never experienced any sickness or indisposition whatever.

If we refer to the American Indians, we find, at the first arrival of Europeans among them, it was not uncommon to find persons who were above 100 years old.

They lived frugally, and drank only pure water.

Strong drinks were unknown to them till introduced by Christians, by whom they have been taught to drink; and now they hardly reach half the age of their parents. - Kalm.

The same traveler says the natives of Shetland give an account of one Fairville, who arrived at the age of 102, and never drank any malt liquor, distilled water, or wine.

They say his son lived longer than he; that his grandchildren lived to a great age, and seldom or never drank any stronger liquor than milk, or water, or bland.

This last is made of buttermilk, mixed with water.

Herodotus tells us that the average life of the Macrobians was 120 years, and that they never drank any thing stronger than milk.

John Crossley, Esq., whose food in the latter part of his life was chiefly milk, lived above 100 years.

Helen Grey died in her 105th year.

She was of small stature, exceedingly lively, peaceable, and good-tempered; and a few years before her death she acquired new teeth.

Thomas Garrick, of the county of Fife, in the 108th year of his age, was in the possession of great vigour; he died on the 3 July 1847, being then 151 years of age.

For 20 years previous he had never been confined to his bed by sickness.

Ann Parker, who was the oldest woman in Kent, died at 109.

Another old woman died recently in the western part of England, at the age of 110, leaving 450 descendants, more than 200 of whom attended her funeral.

Also a Scotch newspaper, published in 1839, notices an old woman, then living in Glasgow, who was 130 years of age, and who, for the last 50 years, had not taken intoxicating drinks.

She had never any occasion to take drugs, nor was a lancet ever applied to her frame.

She was perfectly free from affections of the chest, and during the last century had been a perfect stranger to pain.

Her pulse did not exceed 70 strokes per minute.

Her grandfather died at the age of 129; her father at 120.

Her grandfather and father were both very temperate.

In the year 1757, J. Effingham died in Cornwall, in the 144th year of his age.

He never drank strong heating liquors, seldom eat flesh, and always lived remarkably temperate.

Till his 100th year he scarcely knew what sickness was; and eight days before his death he walked three miles.

Thomas Parr, of Shropshire, maintained himself by day labour, which it would be much better for those to be employed in who are injuring the public by selling what they call Parrs Life Pills, but which, like most others, are Death Pills.

When about 120, he married a widow for his second wife.

Till his 130th year he performed his usual work, and was accustomed to thrash.

Some years before his death his eyes and memory began to fail; but his hearing and senses continued sound to the last.

In his 152nd year he was taken to court, where he only lived nine months, in consequence of the change in his mode of living.

When his body was opened by Dr Harvey, his bowels were found to be in the most perfect state.

He died merely of a plethora, occasioned by living too high.

Parr's great-grandson died at Cork a few years ago, at the age of 103.

On a long freestone slab, in Cairy Church, near Cardiff, is the following inscription:

"Here lieth the body of William Edwards, of the Cairy, who departed this life the 24 February, A.D. 1688. Anno Que statis suae 168."

The last case we shall cite is that recorded in the "County Chronicle," of December 13th, 1791; in which it is stated that:

"Thomas Cam, according to the parish register of St. Leonard, Shoreditch, died the 28 January 1588, aged 207 years I"

The correspondent of that paper adds:

"This is an instance of longevity so far exceeding any other on record, that one is disposed to suspect some mistake, either in the register or in the extract".

But on application to the proper authorities he received the following:

1588. BURIALLES. Fob 35
Thomas Cam was buriel ye 22 inst of Januarye Aged 207 years.
Holywell Street.
Geo. Garrow
Copy August 25, 1832. Parish Clerk.

Dr. Cheyne says there is no place in the world more likely to lengthen out life than those parts of it that have a free, open air, and good soil, if, to due exercise and abstemiousness, a plain, simple diet were added." - William Horsell in "Hydropathy for the people", 1855.

Remarks on the Examples of Longevity

Brought Forward By Sir. J. Sinclair

"Sir. J. Sinclair, in his Code of Health and Longevity (1818), has given brief notices of 7 or 8 individuals who have lived to 112 years, and upwards.

In our own country, Jenkins lived to 169, and Parr to 152.

It is to be regretted that Sir John could not obtain any information of importance as to the mode of life of these individuals, except that **Parr's maxims were:**

> ***"Keep the feet warm, and the head cool; rise early, and go to bed soon; be moderate in diet, and sleep if you are inclined to get fat."***

Probably Parr himself, did not attempt to diminish his quantity of sleep, since he seems only to have recommended this step to those inclined to get fat.

In my remarks on Cornaro, I have considered the propriety of attempting to diminish the quantity of sleep that each individual is inclined to take, very doubtful; and I find Sir J. Sinclair says that those undergoing the training discipline are recommended to go to bed at 10 o'clock, and to sleep about 8 hours.

He adds, "8 hours sleep is generally reckoned necessary, though much depends on habit.

The ancient athlete were permitted to sleep as many hours as they chose".

Very little liquid was allowed these athletae, and the same is the case with the modern system of training, the quantity of liquid taken during the whole day being recommended, not to exceed three pints.

The guides in Switzerland also always recommend travellers to take little fluid; being of the same opinion as the trainers, that drinking increases transpiration, and all transpiration which is not the result solely of exercise is weakening.

Something, however, must depend on habit in this case, for I found I could get through more work up the mountains by rather plentiful draughts, in proportion as the transpiration was great; and Sir John gives a case where a gentleman resolved to adopt this system of drinking scarcely any thing, and that only wine, who died very shortly afterwards from the effects of inflammation.

The tendency to this must obviously be increased by this dry diet; and hence, probably, the chances to be cut off prematurely; though I have no doubt that the system is good, when, as in training, the object is to acquire a temporary increase of strength.

It is remarkable also that the trainers begin by an emetic and an ounce of Glauber's salts taken every 2 days for 6 or 8 days.

The ancient athletae also adopted emetics and glysters at the commencement.

Game-cocks and race-horses are also purged previous to being put on their regimen.

Very little salt or spices are allowed to trainers; but vinegar is allowed, as it tends to render less fluids necessary (salt and spices having the opposite property), and also promotes leanness.

Malt liquors, also wine and water, are allowed, but no spirits; tea, like all fluids, should be taken nearly cold; under-done mutton and beef are preferred among solids; and pies, vegetables, and cheese are avoided.

Stale bread is used.

Such is the general outline of the system of diet found the most effectual for raising animal strength to the highest pitch; and, by adopting the system only partially, persons of a weak constitution will no doubt be able to add to their strength.

Indeed, it would not be desirable to follow it out completely for more than two or three months between the ages of 18 and 20; for the probability seems that if training were kept up very long, it would rather tend to shorten life by predisposing to inflammatory complaints (as already observed), and also on the principle that all long-continued

and violent excitement tends sooner or later to produce a degree of debility and also to dispose the person to excesses.

Thus Galen says the ancient athlete rarely preserved their strength so as to be able to appear in public longer than 5 years, and that they were generally short-lived; partly owing, no doubt, to the excesses they generally run into when out of training.

But, as Sir J. Sinclair says, many boxers have lived to upwards of 80, and that training does not wear out race-horses or game-cocks, we may agree with him that it would be advisable that most men should go through one system of training regimen for a month or 2; and this seems to leave the body stronger than before the training began, at least for some years.

> *"The union of vigorous exercise and pure air is the great secret for the acquisition of strength. Diet itself is but of secondary consideration".*

Hence, continues Sir John, the inhabitants of the Sandwich Isles, "who use no stimulating food or drink", were found stronger than many British seamen.

Under such circumstances it would seem advisable to try the training system, using the same amount of exercise in pure air, but without so much stimulating food or so much malt liquor.

The ancient athlete took water or sweet wine, but water alone is never allowed to modern trainers.

We have seen that Raspail recommends a dose of aloes occasionally; and, as evidence that aloes cannot be injurious to the constitution (at least where piles do not exist), we may here give the general outline of the receipt for Dr Jernitz's elixir of longevity, by taking from 7 to 9 drops of which daily, Jernitz himself lived to 104, his son to 100, and the whole of his family to a great age." - Dr Horatio Prater MD, in "On the Injurious effects of Mineral Poisons in the Practice of Medicine", London, 1848.

Chapter 9

Diet and Longevity

By diet one means the careful selection of foods one selects to eat, and the combination of same.

"I believe that the world is finally ready to change. We have reached a point in our history where our bad habits can no longer be tolerated. ***We, as a society, are on the edge of a great precipice: we can fall to sickness, poverty and degradation, or we can embrace health, longevity and bounty.*** *And all it takes is the courage to change." - T. Colin Campbell, in "The China Study", 2005*

"Sylvester Graham often said that a drunkard may reach old age, but a glutton, never. The truth of this assertion is proven by experience. Drakenberg, a Dane, buried in the cathedral in Aarhus, Denmark, lived 146 years - "And reached this advance age in spite of the fact that he was more often drunk than sober. ***It is certain that more people die from eating too much, than too little.*** *It is surprising to consider how little food man can exist upon for a long time and remain in good health; and* ***it is certain that the foundations of many diseases are laid by excessive eating."*** *- Dr Arnold Lorand, MD, in "Old Age Deferred", 1910.*

"We find one great cause that accounts for the majority of cases of longevity: moderation in the quantity of food. Among instances of longevity, we have the ancient Britons, whom Plutarch states 'only began to grow old at 210 years. *Their food consisted almost exclusively of acorns, berries and water." - Dr Emmet Densmore, MD, in "How Nature Cures", 1892.*

"The moment the last morsel of food is digested and the stomach is emptied, a reconstruction process begins — a new tissue formation, owing to the fact that the broken-down cells are being replaced by (new) healthy ones; which is Nature's way of repairing any destroyed or injured part of the body. This replacement of cells means replacement of tissue; *replacement of tissue means a new stomach has been constructed — a stomach New in every sense of the word, as new in every anatomical sense as is the filling in of wounds, or between the fractured ends of bones." - H. Carrington, in "Vitality and Nutrition", 1908.*

How to Avoid Growing Old

"It is not beyond the bounds of imagination to believe that humanity, properly nourished, could prolong life to 150 years or more.

The 25,600,000,000 cells of the body die and new ones are reproduced every 2 years.

Understanding this, one can realize the wonderful changes in appetite and rejuvenating process that can go on in the body if it is supplied with the proper foods.

One of the most devastating problems humanity has to face is the one of growing old, and concealing it not only from our friends, but from ourselves, for after all, the very knowledge that each year brings us closer to that period has its psychological effect upon each of us.

Wouldn't it be wonderful if we could find a way to grow old so gracefully that even our closest friends would not discover what was happening to us?

I believe there is a formula for solving this problem to a great extent.

As one comes into middle age, activities slow down, and when old age is actually reached, often cease altogether.

Very seldom does any one consider this is a time of life, **that any special attention be given to changing the eating habits to meet the changing conditions.**

With most people, the same high energy, high caloric foods are consumed in the same amounts as were done in active youth. Energy foods which are not burned up by muscular activity must be disposed of and it remains the duty of the various eliminative organs of the body to do this.

The result is that these organs are over-worked, and may break down completely.

While the heart is not an eliminative organ, it is the pump or power plant behind the circulatory system of the blood, which picks up toxins from the tissues and eliminative organs.

In many cases it is the first organ to cease functioning from overwork, as such a diet at middle age soon causes hardening of the arteries and high blood pressure.

The liver and kidneys also become congested.

These ailments put a great strain on the heart which strives so hard to pump blood through hardened arteries and congested organs.

The foods that cause the trouble, and prevent us from retaining our youthful appearance, are excessive amounts of: Starches, Sugars, and Fats.

The damage would not be so great if the natural grains and sugars were used, but the rank and file of people consume large amounts of energy foods, **from which most of the minerals and vitamins have been removed by the refining process, or from overcooking.**

Containing no minerals and vitamins, they might be called "flabby" foods, and being such, create nothing but flabby and sagging muscles.

One of the first indications of "old age," is to be seen in the sagging muscles of the face.

Nor are these muscles the only ones that sag.

In some instances, the entire muscular system holding the internal organs becomes flabby and these organs prolapse, causing great discomfort and many mysterious ailments not easy to locate.

Then, as people increase in age, these refined and high caloric foods act as rank poisons, as the energy they create is not worked off by physical exercise.

If these so-called foods were entirely eliminated from the diet, and the natural ones substituted, with the addition of a variety of fresh fruits and vegetables, the creeping up of old age would scarcely be noticed.

The years on ones shoulders would be a pleasure instead of a burden, for only with the passing years can one acquire that fund of knowledge and experience that enables one to really enjoy life.

Complete happiness can only come with complete good health.

Under such conditions, the mind would function perfectly and the mentality be such that older people would be looked up to, and because of their rich experience of life, and the quality of their understanding, could be doing useful service.

Nature has given us substances in foods that help to keep us young.

One of these substances is Vitamin G, and is found in the germ of whole grains, Brewer's Yeast, eggs, and to some extent, in most raw vegetables and fruits.

There seems to be an abundance of youth-promoting substances in fresh organic vegetables." - Lillian Taylor, in "Clean Up the Blood Stream and Live", 1944.

The Physical Culture Creed

"We Believe:

That our bodies are our most glorious possessions; that health-wealth is our greatest asset; that every influence which interferes with the attainment of superb, buoyant health should be recognized as a menace. We maintain that physical body weakness is truly a crime; that **sickness is the penalty of violated health laws**; that **every man can be a vigorous, vital specimen of masculinity; that every woman can be a splendidly, well-poised specimen of femininity: If the Laws of Life are Correctly Observed**

We believe that the requirements in the building of glorious health are:

1. Pure Air and Sunlight; thorough ventilation in living rooms.

2. Wholesome Diet of vital foods, well masticated, eaten only at the dictates of a normal appetite.

3. Regular Physical and athletic recreation, and contact with nature and the outdoors.

4. Thorough cleanliness, which requires frequent baths —cold baths for a tonic, hot baths for cleanliness — though dry friction with the open hands, brush or towel is also valuable.

5. Internal Cleanliness, which is a matter of regular and thorough elimination.

6. Abundant Sleep, measured in depth or quality as well as duration; this power of deep sleep being dependent upon sufficient exercise and healthful habits.

7. Right Mental Attitude; thinking is a powerful factor in maintaining vital health, and can be constructive or destructive. The mind can build you up or tear you down."
- Bernarr Macfadden, in "Physical Culture" 1939.

Chapter 10

Long and Healthy Life

Summary of Rules

"To avoid premature death and to prolong life, as well as to live to a ripe old age, consider the following precepts:

1. Live as much as possible in the open air, breathing deeply and regularly through the nostrils.

2. Take plenty of exercise, considering, however, the condition of the body at the time. When walking or riding in the open prefer the sunny side. Always welcome the sunshine. If for some reason exercise cannot be taken, then massage movements should be had regularly as a means of promoting circulation of the blood stream.

3. **Take Baths as often as possible.** A Roman Bath occasionally, if one is not too weak, is of benefit.

4. Let Early to bed and early to rise be your maxim.

5. See to it that there is sufficient ventilation from open windows or doors. Sleep in a darkened room and remember that too much sleep is sometimes worse than not enough. No adult should sleep less than seven or eight hours.

6. Do not cover your head as though "Old Bogy" was going to catch you, and do not use too much covering. If cold, keep the feet warm with a hot bottle.

7. Take at least 1 day's complete rest each week.
It matters not what day is selected. Any day looks good to mother nature.

8. Drink plenty of plain water.

9. Let the diet consist mainly of fruits, and vegetables. If milk is desired, prefer raw milk, and organic.

10. Chew your food slowly.

11. Partake of no tea or tobacco.

12. Partake of no stimulating concoctions such as beer, whiskey, and the like. Small amounts of red wine with rye toasted bread is fine.

13. Eat always in moderation.

14. See to it that you have a bowel movement daily.

15. Do not take medicines at random, especially patent medicines.

16. The natural, clean and health-promoting serums are fresh air, sunshine, good food, clean water, exercise, clean thinking and interest in one's work.

17. Do not uphold autocracy in dress. In other words, do not make a hat-rack or clothesline out of your body. Underwear should be light and one suit is sufficient no matter how cold. Wear a light-weight hat, if any.

18. Do not wear tight shoes because it is "stylish" or because the chiropodists want more cases of corns and bunions.

19. Do not read by imperfect light.

20. Think many times before undergoing a surgical operation. Surgery, in its place, is a wonderful aid in relieving thousands from suffering, and even in saving lives, but it is overdone. Many times a little more patience, giving nature a chance and applying eliminative and simple methods of treatment would prevent the "cutting."

21. Get married only if you love. Marriage not based upon love is a desecration of the term. And remember this: Avoid sexual excess, for it is more harmful than sex starvation.

22. Try hard not to worry or become emotional about things which cannot be helped.

23. Do not carry hatred or malice in your heart against any person, no matter how he has offended or injured you. Either forgive him or forget him. When one is angry or harbours irritable thoughts or is revengeful he creates toxins (poisons) in his system and thereby disorganizes his vitality and injures himself; hence do not think harmful thoughts.

24. Develop a hobby if you haven't any.

25. Develop cheerfulness and optimism.

26. Do something useful as long as physically and mentally able. Be interested in some human welfare, for it keeps one thinking of something other than himself. This is in itself a remedy, and at the same time there is the wonderful psychic feeling of having done good to somebody.

Anyone who will make an effort to live up to the principles given, and who will take into consideration other health principles, outlined will fairly comfortable live to 100." - Dr Simon Louis Katzoff, MD, in "Timely Truths on Human Health", 1921

Chapter 11

Outwitting Old Age
The Louis Cornaro Story

"It is generally believed that life is so precarious that in spite of anything we do, we are apt to be taken ill at any time, and this illness may terminate life.

We can live so as to avoid disease; we can live so that the various parts of the body remain healthful and youthful; we can even live so as to regain health and youthfulness after having almost wrecked the body.

We can Live so as to Outwit Old Age

If any of the vital organs have been ruined beyond repair, full recovery and rejuvenation can not take place, **but the vast majority of those who are now considered incurable can recover enough to grow younger in every way except in years, and lead a productive, helpful life.**

We shall note a well authenticated instance, a man whose life has influenced many others, and whose writings are enjoyed by many.

Louis Cornaro left such a clear record and he illustrates the point so well that his life serves best for this purpose.

It is well known that many do live to be old.

Others can do the same if they have the desire and the will.

Louis Cornaro was an Italian nobleman, born in 1464 and lived to 1566.

He was wealthy and in youth he lived very intemperately.

Among other extravagances he dissipated his health.

When he was about 40 years of age his doctors informed him that medical skill could help him no more.

At this time Cornaro realized that he would either have to change his mode of living or die.

Instead of complaining that it is difficult to change the manner of living, he immediately made up his mind to lead a simple and wholesome life.

At the time he made this resolution he had done nothing to repay the world for the opulence bestowed on him.

After living the temperate life for one year Cornaro was feeling well again. He did not revert to his old style of living as so many do after they recover.

He decided to live long and usefully.

He resolved to outwit old age.

The basis of long life was to be good health, and the foundation of good health would be living according to the simple laws of nature, especially as regards eating and drinking. After regaining his health he began to make himself useful to humanity.

He took great interest in agriculture and he helped to plan for the welfare of his beloved Venice; he was a sanitarian, and he was a builder and an architect.

But the most enduring of his works is his "La Vita Sobria" (The Moderate Life); the first part was written when he was 83 years old, the last part when he was 95 years of age.

During these years of temperate living he thought much about human welfare, and he was a close observer.

For instance: A truth that it was clear to him, was that in disease the body does not want food but it wants rest, so he wrote that in periods of illness the food intake should be greatly reduced - another vital truth that very few possess.

At the age of 78, after living in good health for 39 years, Cornaro's relatives and physicians grew anxious that he should stop eating and drinking in moderation; they argued with him and annoyed him until he consented to increase both his food and wine intake about 15%.

The old gentleman reasoned with them that instead of needing more he needed less nourishment.

But they knew that if he would eat and drink more he would increase his strength. So in order to please his doctors and his loved ones he began to eat and drink more.

At the end of 12 days on increased rations he was distressed in mind and seized with a severe fever.

Then Cornaro returned to the temperate life and after 5 weeks the fever abated. It is the same old story today people are told, "You must eat to keep up your strength", when they are sorely in need of rest.

They eat for this purpose, and lacking digestive ability, the food poisons them.

This is one of the chief reasons for a large mortality in fevers.

Cornaro also records that he recovered in very short time from a serious accident after he reached advanced years.

So do people today who lead the orderly life which Cornaro advocated so pleasantly and so piously.

At the age of 83 Cornaro writes that he is healthy and has perfect sight and hearing.

Eight years later he records that his hands are steady, voice good, memory fine, and health and strength are still with him.

And finally at the age of 95 years he says that he is strong and healthy, blessed with good sleep and appetite, endowed with keen mind and memory, sound judgement and mental serenity. He also had a strong voice.

This is not the picture usually drawn of advanced years, but it is old age as it ought to be and as it can be. Cornaro was neither sad nor lonesome.

He enjoyed his own family, his friends, his correspondents, his work, his city and his country.

He derived vast satisfaction because he realized that he was serving humanity.

No one can deprive us of the privilege of serving.

Let Cornaro speak for himself, at the age of 95.

"In conclusion, I wish to say that, since old age is - as, in truth, it is - filled and overflowing with so many graces and blessings, and since I am one of the number who enjoy them, I cannot fail - not wishing to be wanting in charity - to give testimony to the fact, and to fully certify to all men that my enjoyment is much a greater than I can now express in writing.

I declare that I have no other motive for writing but my hope that the knowledge of so great a blessing as my old age has proved to be, will induce every human being to determine to adopt this praiseworthy, orderly and temperate life, in favour of which I ceaselessly keep repeating, Live, live, that you may become better servants of God!"

After writing this he lived 7 years, and at the age of 102 he was gathered to his fathers.

He sometimes wondered how long he could have lived if he had not almost killed himself through dissipation before reaching the age of 40.

Without doubt he could have lived much longer if he had been reasonably moderate in youth.

Cornaro was a man of delicate constitution from childhood.

This leads us to wonder how long a man with good constitution can live, if he will give himself a fair chance. The average individual has the inherent ability to live beyond the age of 100 years.

Thousands do it through accident, in spite of many imprudences.

Those who will give the time and attention and exert will power can learn in a few short months how to live long and well.

And the beautiful part of it is that advanced years need not mean degeneration of body and mind.

People can have the use of their senses, judgement, and physical strength at 100.

Cornaro lacked much knowledge that any of us can obtain, but **he fully grasped the 2 chief essentials - simple living and moderation in all things - and these were enough to save his life, and to prolong it more than 60 years after he was supposed to be dying.**

So important are these 2 fundamentals that this knowledge put into practice will greatly prolong life, even if one makes many other mistakes.

Thomas Edison informs us that his grandfather Samuel Ogden Edison (7 March 1767 - 27 March 27, 1865, Aged 103 years) learned about the moderate life from Cornaro's

writings; that he put the principles into practice, and that he lived to be more than 100 years old.

Then, one day he decided that he had lived long enough, went to a relatives house and gave up his spirit.

He further adds that this was also the manner of his father's earthly end.

How much better that is than the present mode of disease, suffering, and premature death with sorrow and want for those who are left behind.

We have told about Cornaro because his life is authentic and historic.

If a man who is very ill at 40 can recover and enjoy life for 62 additional years, thus most decidedly outwitting old age, it is obvious that a man who has maintained fair health can do better if he wills it.

Remarkable Cases of Rejuvenation

What is old age? Is it, as generally believed, the number of seasons that have elapsed since the individual's birth?

That is the Wrong way to measure age, for some are old at 30, while others are young at 70.

With a supple body, possessed of strength and health, and a pliant, interested mind, one is young no matter how many years one has been on this planet.

Some start to grow old while they are very young.

They develop bad complexion, cold hands and feet, poor circulation of blood, aches and pains, grouchiness, worry, fear, envy, spite-all signs and symptoms of degeneration.

After the body has grown old, can it become young again? Can old age be outwitted?

Yes, usually, in every way except in years, and the years do not matter.

We have seen how Cornaro was old at 40, and how he was young again in the 70 and 80.

Yet Cornaro had far less health knowledge than you can find within the covers of this book.

He realized a few important facts, lived his knowledge, and reaped the benefit. Others can do likewise.

It has been the Writer's privilege to watch many individuals regain health and youth after losing them, and a few of these stories are here recorded.

At the age of 37 Miss C. was an old woman, and she looked it.

Her complexion was blotchy and her skin coarse and rather greyish in colour.

She suffered from acid indigestion, and she was very nervous.

What had deprived this young woman of her health and her youth?

Wrong living and wrong thinking.

What restored her health and her youth?

Right living and right thinking.

She was placed on a rational food plan, taught how to take care of her body, and how to think in a positive way, instead of looking at life from a negative angle.

As a result she regained her health, improved so both in physical strength and judgement that within a year she had increased her earning capacity tremendously.

Now at the age of 47 she is a happy, healthy young Woman, with a splendid complexion.

She knows how to live in health.

Mr. B. was a very aged man, 52 years old.

He had lived well, as the saying is.

Being a prosperous manufacturer, he had enjoyed fine foods, expensive drinks, and other things that men treasure, while a good constitution gave him great power of enjoyment.

When he was a little past 50 he was so decrepit and worn out that he could not walk a block without resting.

He had impaired kidneys, an overworked heart, blood pressure 50 or more points above normal, and he also suffered from headaches and rushing of blood to the neck and head.

After trying in various ways to regain his health he was given proper physical and mental care.

He was taught how to eat and drink and think.

He was shown how to lead a balanced life.

As a result, within 3 months he lost his bad symptoms.

He was so proud of his regained walking ability that he used to walk from 8 to 11 km without resting.

Now at the age of 56 he is enjoying good health.

He looks and feels much younger than he did when he was 52 years old.

Mr. N. was 60 years old, but he might as well have been 80.

He was very much under weight, nervous, and rheumatic.

When he felt strong enough to walk, his rheumatic pains prevented locomotion; when he had no pains he was too debilitated.

As he had enjoyed a large income for years, he had travelled and tried all kinds of doctors, cures, and institutions.

Invariably he had been told that he needed much nourishing food to build him up. He had tried faithfully to recuperate through overeating and as a consequence he also developed indigestion. However, he had the will to live.

He was given specific directions, along the lines found elsewhere in this book, regarding outlook on life, care of the body, drinking and eating.

Now at 69 he is hale and hearty, enjoys his business, and has great fun with his grandchildren, who adore him.

Mr. T. was over 70, and according to old beliefs he had lived long enough.

He found it difficult to write, and he had a habit of going to sleep over his work.

He was very nervous, his legs were so sensitive that he walked with difficulty, and he had great trouble with one arm, which harboured darting pains.

Wherever he had gone for advice he had lately found the attitude that "this man is too old to do anything with; in the course of nature he will die in a few months".

Then he was given correct advice.

He changed his position, got into a better environment during his working hours, and now he is almost 80 years old, doing good work and getting much fun out of it.

This gentleman does not treat his body as well as he should, but he does better than he used to.

He is on a different mental plane.

He got away from resentment, worrying, and fretting during working hours, and he is a good illustration of what a positive mind will do for one in regaining health and rejuvenating the body.

Captain H. was severely wounded in one leg during the Civil War.

He was taken prisoner, and poorly cared for in the prison camp. His wound did not heal.

For 45 years he carried an open wound, in spite of the best surgical treatment he could find.

Despite his good constitution the bad leg helped to age him.

He continued to seek a cure.

One day a friend suggested to him that he be more careful about his diet, "because food is the chief factor in blood making, and pure blood is the real mender of all wounds.''

This sounded logical.

So the captain obtained all the information he could.

He decided to eat as healthy as possible and he chose biscuits made of whole wheat flour, without yeast, and milk.

After living on biscuits and milk for 10 weeks his wound was healed; the rash on arms and legs vanished; the faded, washed-out complexion gave way to a ruddy colour which combined well with his snowy hair, and gave him a distinguished, youthful appearance.

The last time I saw him he was 75 years old, well and strong.

He said that he was enjoying life more than he had for 50 years and he truly felt young again.

This gentleman practised what Cornaro preached; simple living and moderation.

It has been my privilege to watch many elderly persons regain strength and youthfulness.

Several of these individuals were past 75 years of age when they began.

They had invariably been subject to much discouragement, for it is the general opinion that after one is past 60 or 65 years of age it is time for the individual to fade.

Those who love life, and have the will to live can do what the persons here mentioned have done.

They can recuperate and rejuvenate, unless some vital organ has been injured beyond repair.

The individuals here mentioned were ill with diseases that are generally looked upon, at their time of life, as being beyond cure.

If the sick can grow well and become young again, the truth is self-evident that those who are well can remain well, and there is no need of the premature ageing that we see all about us.

Give the body good care, live young and think young.

Get away from the negative, destructive mental habits that fill our days with woe.

Dwell on the positive, constructive side of life, and in this way have life in abundance." - Dr Rasmus Larssen Alsaker, MD in "Outwitting Old Age", 1926.

An Epitome of the System of Luigi Cornaro

"Cornaro tells us, that though expected to die at 40 from the effects of dissipation, he yet, by his system, attained to the age of 98, free from the usual infirmities, viz. defect of vision, hearing, melancholy, gout, and, in short, all those diseases to which planes are commonly subject.

He wrote a comedy when above 80 (perhaps not of much merit, for it is lost), and seems to have died only from gradual decay of strength. (Delle Lodi di Luigi Cornaro. Discorso da B. Gamba, p.163)

It will consequently be worth while briefly to describe what this system was (for certainly the result shows it to have been the correct one), and then to endeavour to see if we can reconcile it with what reason would seem to teach us to be "following nature."

In the first place, he tells us, he found by experiments the common adage – viz: that what is proper for the constitution pleases the palate - to be erroneous, for that he was very fond of very cold wine and rough wine (approaching sour, "brusco"), of melons and other fruits, of fish, pork (Cornaro della Vita Sobria, p. 18. "E cosi i melloni, etc.), it pastry, vegetable soups, all which, however, he found injurious to him, or indigestible.

But not only in the quality of food, but also in the quantity, he found it necessary to act in opposition to his own desires, or the dictates of appetite, for his golden rule was, never completely to satisfy his appetite or thirst at meals (pp.19 & 25).

In other respects he seems not to have acted in opposition to his own desires, or what may be called the instincts of the vital principle.

Thus he says (p.20) he always endeavoured to let nothing diminish his usual quantity of sleep (without telling what this was).

And, be it observed, he did not sleep directly after dinner, for, says he, the small quantity of meat he took gave no tendency to sleep. (Discourse 3d, p.66. Writing after dinner, he said, did not hurt him; but, no doubt, he did not take any violent exercise after that meal)

He avoided excessive exercise, excessive venery, exposure to winds and sun (as he lived in the hot climate of Padua).

There is very little regularity in his writing, though there was so much in his mode of living, and accordingly we have to turn to page 66 (near the end of his third discourse) to see what he lived on.

(He tells us in another part of the work that he rejected a few things, vegetables, fruits, &c., because he found by experience they did not agree with him, and says that every man must be his own doctor in this respect, as there are certain peculiarities in all constitutions, and where no sorts of food seem to disagree, then a person has only to regulate the quantity. The author has found radishes to be very indigestible in his own case; for 6 or 8 hours after having

eaten them he is subject to flatulent eructations, in which the taste or smell of the radish is very perceptible. There can be no surer sign of the indigestibility of a substance than this. He consequently abstains from them, except in very small quantity).

There we learn he took veal and mutton, all sorts of poultry, partridges, thrushes, and among salted fish the dory (orata), and “the like," and of fresh-water fish the pike (luccio), and “the like;” bread, light broths with egg (brodetto con uovo), “and similar kinds."

We observe in this place that he took some species of fish, though his remark first quoted would have led us to believe he took no fish at all.

He took very little, if any, vegetables or fruits, obviously. He also abstained from wine above a year old and pepper, having found them injurious to him.

He used cinnamon in place of pepper (p.29).

By turning again to p.26 we shall find the quantity of food that he took to amount only to 12 oz.; and of wine, for be it also observed he took wine (which he calls the milk of old age) to 14 oz. - no doubt the light “vin ordinaire" of the country.

He does not state whether the above quantity of food was his allowance per day, but as the quantity of wine no doubt was, we may infer he ate no more than 12 oz. A-day.

So much does he insist on not taking more than this, that he tells us by increasing his food to 14 oz. and his wine to 16 oz. he was after ten days attacked by violent illness attended with fever, which lasted 35 days and nearly killed him.

He states that he was 78 at this time, and that he declined to be bled or take any medicines, contrary to the advice of the doctors, and that he depended alone on the strength of his constitution (increased by so many years' regular living) and recovered. He lays it down as a rule that the older a man gets the less he should eat at a meal-that he should divide the food he has been accustomed to take in 2 meals into 3 or 4 meals; for, says he, the stomach getting older cannot do so much work (pp.65 and 66).

He insists a great deal on regularity of habits, and consequently, although I do not observe he expressly states it, we may infer that he generally retired to rest at the same hour, and also took his meals at fixed periods.

It is, indeed, to be regretted that the work is not written in a more precise and philosophical manner, for he has omitted many particulars that would have been very useful to the physiologist in arriving at certain conclusions.

On reviewing Cornaro's plan of life the only general principle we can arrive at seems to be, that every one should experiment for himself as to the quantity of food he can take and yet leave off with a certain degree of appetite; in like way individual experience is also to be our guide as to the quality, for Cornaro twice over repeats his maxim, o L'uomo non puo esser medico perfetto d'altri fuor che di se solo" (p. 28) - Man can be a perfect physician but for himself alone.

There is, indeed, in the beginning of his treatise an assertion already noticed, that the wine and food which pleases the palate the most is not the most suitable for man, but at p.114 (in his letter to Barbaro) he tells us that from towards the end of July through the whole of August he could drink wine of no sort at all, come from what country it might and be made from what grape it might, and that wine at that period was as disagreeable to his palate as it was hurtful to his stomach ("vino oltra che si fa a tal tempo tutto contrario et nemico del gusto mio, mi nuoce allo stomacho").

He diminished his quantity of food (very properly) in this month as he could take no wine, but he says the debility thereby produced was very great.

Here then, it seems, his apparent general principle, that the palate should not be consulted in such cases, falls to the ground, for wine at such time was both disagreeable to his palate and hurtful to his constitution.

Let us now proceed to inquire whether there are some general principles in this case, and whether we should always oppose or always follow the suggestions of the palate in regard to food and drink; and, secondly, whether we should consult in the same way, or oppose, our desires as regards the duration of sleep.

As we can neither do without food nor without sleep, as the total absence of either would be certain death, it necessarily follows that nature is acting for the conservation of life in prompting us to these acts.

The question, then, we have to answer resolves itself into this:

- Should we attempt to diminish the quantity of food and sleep that nature seems to prompt us to take?

As regards food, Cornaro would say Yes; but I think when we consider this point more profoundly, we should rather be inclined to reply in the negative.

It is true that, if we merely consult the state of the appetite while eating, we should agree with Cornaro; but this does not seem the manner in which we should regard this point, Nature has obviously intended that experience as well as instinct should guide us as to what is necessary for our conservation.

Even the lower animals derive a great deal of knowledge from this source.

If then, we consider the question under consideration in this way, we shall find that by following instinct and experience combined we shall be following nature, for although we may feel a desire to eat more while eating, still, if we wait half an hour or so we shall generally find this desire to go off.

Experience, then, aiding instinct (for it is clear that instinct alone is acting on the right side in prompting us to eat too much rather than not enough) seems to teach us not to eat until we feel entirely satisfied.

The same way of viewing the subject seems to apply to sleep, except that it seems doubtful whether experience would ever prompt us to attempt to shorten the period we feel inclined to sleep. No doubt a person could live with less sleep than Nature inclines him to take, but it seems questionable whether he would live as long, if instinct in this case is checked, as if left entirely to itself.

Cornaro is quite silent in respect to diminishing the amount of sleep.

It must, therefore, be concluded that the system of Cornaro is not empirical, but is such as reason or philosophy would teach.

But, at the same time that we agree with his conclusions, we cannot agree with his manner of reasoning.

We have already alluded to this as regards quantity of food, and the same remark applies to quality.

In the last quotation we find he admitted, in regard to wine, that his palate told him what was best for him; but not in regard to food.

But here, again, we must look a little beyond the surface, and mount up nearer to the state of nature.

That Nature tells animals what food is best for them is obvious.

It would have been perfectly useless to have given them an unconquerable desire to eat, if she had not at the same time told them, as clearly as she could do, what food they should eat, and what they should not.

We say as clearly as she could do, because she is necessarily governed by general rules in this, as in all other such cases.

It is undoubtedly necessary for the conservation of life that they should eat, and eat only of such and such things (nutritious substances); experience is given to teach them what little more than this they want to know, viz. which of such nutritive substances agrees best with them; and, no doubt, in a state of nature, with ample opportunities of choice, they would fix on those substances which are the best calculated to protract their life the longest: for as this is one of Nature's great objects, it would be absurd to suppose she should fail in this, when she has succeeded so well in the other nearly allied to it, viz. the propagation and continuance of the species.

Accordingly, the same reasoning will apply to man. Experience (or memory) will aid him in his selection of food; but he never could have done with this power alone, and, therefore, the instinct of the palate was purposely given that it should be used, subject, in a certain degree, to such experience.

In the artificial mode of life of society, no doubt, this instinct of the palate has lost something of its force as our guide (and so far Cornaro is right); but it is not altogether inefficient.

If it were, why does it not urge us to fill our stomach with earth or sand, or other substance without nutriment?

Cornaro could, no doubt, have come to digest by habit a small quantity of fruits, vegetables, &c. (just as John Hunter's eagle did to live on bread); and, therefore, his palate was not altogether wrong.

Cornaro, we have already observed, insisted on the necessity for regularity in all habits, as regards quantity and times of sleeping, of eating, &c.

Any person who, being accustomed to go to bed at 10, sits up to 2 or 3 in the morning, will find his faculties to be somewhat weakened the following day.

Similar derangement occurs if we suddenly alter our times of eating.

Where it is out of a person's power to lead a regular life, he ought to endeavour so to arrange as to make all sorts of alterations as gradually as possible.

The system may thus be brought to thrive even under irregular habits, and judging from the advanced age that many military men attain, to support such system without any very obvious injury.

So completely is life under the influence of habit, that the cessation of a noise is known to wake some accustomed to sleep in a noise. In like way on digestion.

A labourer in France having met with a serious accident, required, during his convalescence, the most nutritious sort of diet.

Accordingly, mutton, chickens, best wine, &c., were given; but his strength still declining, the surgeon suggested the trial of the diet he had always been used to in his cottage, viz. barley-bread, cabbage-soup, lard, farine, &c.

After 15 days he recovered his strength greatly, and in a month completely (Tissot on Diet, quoted from Ricard, "Physiologie du Magnétiseur," p.188. Paris, 1844).

I, however, by no means wish to diminish the power of experience; for if we consider that we can only tell what vegetables are poisons by experience, and not by the palate, we shall at once see that principle comes to have great influence: more especially is this the case, when we remember that the parents of all animals much assist their young in the selection of food.

But as without a desire to eat all this instruction on the part of the parent would be useless, we are still brought back to the to instincts of the palate as a guide given by Nature for the selection of food.

We have at present only considered the instincts prompting to sleep, eating, and drinking, in a healthy state of the system; and if we have found reason to think that experience, in the case of eating and drinking at least, plays a most important part, every consideration surely would incline us to believe that in a state of disease this same experience should be regarded with still greater reverence." - Dr. Horatio Prater MD, in "On the Injurious Effects of Mineral Poisons", The Practice of Medicine, 1848.

Chapter 12

Longevity in Antiquity

The following is an Abridged Version of the work by William Grainge: "Yorkshire Longevity, Biographical Anecdotes of Persons who have attained to extreme old age within that County", 1864.

This abridged work here transcribed, was corrected and enlarged.

Millennia

"The days of our years are threescore years and ten (70); and if, by reason of strength, they be fourscore (80), yet is their strength labour and sorrow, for it is soon cut off, and we flyaway." Psalm, xc. 10. Score is an old word for the number 20.

From this expression of the psalmist we learn that the age of man has not been shortened for the last 3,000 years, as it was then, so is it now: age, and the many evils "flesh is heir to," have done their work upon the human frame very often before it has reached the allotted round, and it has become as "the clods of the valley."

Old age was regarded by the Hebrews as a blessing from on high, or a reward attached to a life of virtue; it was, also, entitled to peculiar homage; and, no doubt, when men lived to the age of several hundred years, the wisdom they must have acquired would give them great influence in their family, or tribe.

> ***"The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding. For by me thy days shall be multiplied, and the years of thy life shall be increased."*** *- Proverbs, 9:10-11.*

"Thou shalt come to thy grave in a full age, like as a shock of corn cometh in in his season." *- Job, 4:26.*

Numbers of texts might be cited, representing the wicked as "cut off in the midst of their days."

What is the oldest age that is now attained?

The census of 1851 furnishes some aid towards the prosecution of this inquiry.

In Great Britain, more than half a million of the inhabitants (596,030) have passed the barrier of "threescore years and ten" (70), more than 129,000 have passed the Psalmist's limit of "fourscore years" (80), and nearly 10,000 have lived 90 years or more.

A band of 2,038 aged pilgrims have been wandering 95 years and more on the unended journey, and 319 say that they have witnessed more than 100 revolutions of the seasons. - in "Registrar General's Report", Census 1851.

"Though longevity prevails more in some districts than in others, yet it is by no means confined to any particular nation or climate; nor are there wanting instances of it in almost every quarter of the globe; nor does it depend so much, as has been supposed, on any particular climate, situation, or occupation in life.

For we see that it often prevails where all these are extremely dissimilar.

One circumstance, common to all instances of longevity: is that of being born of healthy parents; of being inured to daily labour, temperance, and simplicity of diet.

For it is rather among the inferior ranks of mankind, than amongst the sons of ease and luxury that we shall find most numerous instances of longevity; not, infrequently, amongst apparently the most unfavourable circumstances, as the old sexton of Peterborough, mentioned in Fuller's Worthies, who, notwithstanding his unpromising occupation among

dead bodies, lived long enough to bury 2 crowned heads, and to survive 2 complete generations.

The subsistence of old Parr, and Henry Jenkins consisted of the coarsest fare, as they sometimes lived by begging. Many common soldiers, tinkers, mendicants, and the inmates of workhouses have lived to extreme old age.

The plain diet, and invigorating employments of country life, are acknowledged to be highly conducive to health and longevity.

While the luxury and refinements of large cities are allowed to be equally destructive to the human species.

From country villages and not from crowded cities, the greatest number of instances of longevity are drawn.

It appears, from the London bills of mortality, during a period of 30 years, (1728 to 1758), the number of deaths was 750,322, and that, in all this number only 242 persons had survived the hundredth year of their age." - Fothergill on Longevity.

Longevity in the Ancient World

Many instances are cited of men living in the ancient world more than 100 years, such as:

The Old Thomas Parr, 1483-1635, aged 152.

Henry Jenkins, an Englishmen died 1670 aged 169

A negress, named Louisa Truxo, was living in June, 1780, at Cordova, in the Tecuman, South America, then 175 years old.

A mulatto man, name unknown, is said to have died at Frederick Town, in North America, in the year 1797, at the age of 180.

"The Petersburg Journal," published in 1812, an account of a man, in the diocese of Ekaterinoslaw, who attained to an age between 200, and 205.

Examples of longevity, even exceeding that of Jenkins, have been given; the most remarkable, in England, is that of Thomas Cam, who is said to have died in Shoreditch, London, January, 28th, 1588, aged 207 years; that he was born in the reign of Richard II., A.D., 1381, and lived in the reigns of twelve kings and Queens of England.

Longevity in Italy

In the earlier part of the Christian era, Italy appears to have been highly favourable to the prolongation of human life.

We learn, from the taxing of the people in the reign of the Emperor Vespasian, 76 AD, that there were found, in that part of Italy, lying between the Appenine mountains and the River Po, 124 persons, who either equalled, or exceeded, 100 years of age.

Namely, 54 of 100 years each; 57 of 110 years; 2 of 125 years; 4 of 130 years; 4 of 136 years; and 3 of 140 years each. At the same time, in Parma, were 3 of 120 years, and 2 of 130 years each.

In Placentia, 1 of 131 years.

In Faventia, 1 of 132 years; 6 of 110 years; and 4 of 120 years each.

In Rimino, 1 - Marcus Aponius - of 150 years.

Extraordinary instances of long life occur in all climates, from the frozen steppes of Russia to the sultry and pestilential swamps of Carracas; from the Orcades to the equator.

The negro, even in a state of slavery, in the southern states of America and the West Indian islands, has been known to attain extreme old age, under what may be considered the most unfavourable circumstances.

A few instances may suffice to prove the position.

In 1790, in the parish of Elizabeth, in the island of

Jamaica, died a negro woman named Cooba, at the age of 110 years.

She was a slave, the property of the Honourable Thomas Chambers.

Her memory was perfect to the last, and she could see to thread a needle until within a few months of her death.

She saw four generations of her master's family.

Samuel Pinnock, also a negro, of Kingston in Jamaica, died in 1796, at the age of 110.

Esmina Diamond, a negress of the same town, died in 1812, aged 130.

Ann Wignell, of Port Royal, in Jamaica, died in the game year, aged 146. She was born in Africa, torn from her friends and kindred, and carried as a slave into the West Indies.

Sypliax Brown, a manumitted slave of Cumberland, United States, died in 1846, aged 115.

Mr Lawson, in his travels through Carolina, in 1700, thus describes an old Indian woman whom he saw among the Tuscororas:

> *"We saw, at the Cassetta's cabin, the strangest spectacle of antiquity I ever knew, it being an old Indian squaw, that, had I been to have guess'd at her age, by her aspect, old Parr's head (the Welch Methusalem) was a face in swaddling clouts to hers. I made the strictest enquiry that was possible, and by what I could gather she was considerably above 100 years old; notwithstanding, she smoked tobacco and eat her victuals to all appearance as heartily as one of eighteen."*

Captain Cespedes, of the Caraccas, died in 1789, aged 110. He belonged to the militia of Pardo, and was esteemed a prodigy of that climate, where human life is seldom protracted to the extent of even 60 years.

Jean Cayetan, of Tesontla, New Spain, South America, died in 1788, aged 130.

A Spanish writer, Bartholomew Leonarda de Argensola, in his history of the discovery and conquest of the Molucas and Philippina islands, says, when speaking of the island of Banda:

> *"Men live in this island longer than in any other part of the world. The Dutch saw several who exceeded one 130 years of age."*

In a list, published officially in Russia, of the number of deaths in 1811, there are 584 instances of people who died in the various provinces of that vast empire at upwards of 100 years old, viz.: 467 above 100; 113 above 105; 3 of 140; and 1 of 150.

The remote and lonely Shetlands are not without their instances of longevity.

Buchanan, in his History of Scotland, thus speaks of them:

> *"The healthiness of these people appeared in one named Laurence, in our own time, who, after he was 100 years old, married a wife, and when he was 140 used to fish with his skiff", even in a rough and tempestuous sea. He died only lately, not by the shock of any grievous disease, but merely by the infirmity and languishing of old age."*

Lord Bacon, in his History of Life and Death, quotes as a fact unquestioned, that a few years before he wrote, a morris dance was performed in Herefordshire, at the May-games, by 8 men, whose ages in the aggregate amounted to 800 years.

Moderate sized and well Proportioned

It has been observed by some writers on longevity, that moderate sized and well proportioned persons, have the greatest probability of attaining to extreme old age.

This view is fully borne out by facts; yet this rule is not without exceptions, as Mary Jones, who died at Wem, in Shropshire, in 1773, at the age of 100 years, was very deformed and lame, and only 2 feet, 8 inches in height; - while James Mac Donald, who died near Cork, in Ireland, August 20th, 1760, at the age of 117, was 7 feet 6 inches in height.

Longevity is not unfrequently hereditary, as numerous instances can be given of long lived persons in one family.

Thomas Parr lived to be 152 years old, and a son, 109, a grandson, 143, and Robert Parr, a great grandson, died 21 September 1757, aged one 124.

Thomas Parr

A portrait of Parr hangs at Shrewsbury Museum and Art Gallery, with an inscription which reads “Thomas Parr died at the age of 152 years 9 months” “The old old very old man or Thos Parr son of John Parr of Winington in the Parish of Alberbury who was borne in the year 1483 in Rayne of King Edward IV being 152 yeares old in the year 1635”.

The portrait was once in the collection of the Leighton family of Loton Park, which is in Parr's home parish of Alberbury.

The Library of Health 1840

The "Library of Health" for 1840, contains the following:

> *"We were personally acquainted with the late Donald Mc Donald, of quarrelsome memory, who was sent to the House of Correction, for a street brawl, when about 105 years old. When 106, he enjoyed excellent health. His father lived to be 137, and no one knows when he would have died, had he not been accidentally killed."*

Mrs. Jane Simmons, died in London, in 1792, aged 119 years. She left two daughters, each 100 years old. Lawyers appear to die before they become centenarians.

No great military commander appears (at least in modern times) to have attained to remarkable old age, most of them dying young, while numbers of common soldiers have lived a century or more.

The easily satisfied, unambitious, unthinking, cheerful, contented being whom no cares annoy, and no troubles reach, appears to be the choice and favourite individual for long life.

M. Grellier states:

> *"The cheerful and contented are certainly more likely to enjoy good health and long life. Than persons of irritable and fretful dispositions. Therefore, whatever tends to promote good humour and innocent hilarity, must have a beneficial influence in this respect; and persons whose attention is much engaged on serious subjects, should endeavour to preserve a relish for cheerful recreations."*

And what wonder, since life is a subject of great importance to all; all kinds of means are employed to preserve it, and even to lengthen it; in short, to live long appears to be the great aim and object of all.

Some have even gone so far as to attempt a renewal of youth; ancient fable relates that by the magical arts of Medea, Aeson was changed from an old into a young man: the story is told in the seventh book of Ovid's Metamorphoses.

"His feeble frame resumes a youthful air,
A glossy brown his hoary beard and hair.
The meagre paleness from his aspect fled,
And in its room sprang up a florid red;
Through all his limbs a youthful vigour flies,
His emptied arteries swell with fresh supplies:
Gazing spectators scarce believe their eyes.
But Aeson is the most surprised to And,
A happy change in body and in mind;
In sense and constitution, the same man,
As when his fortieth active year began."

The Fountain of Youth

In the year 1510, Ponce de Leon, a Spanish captain, having heard from the Indians of Cuba, of an island, where, they asserted, was a spring whose waters had the virtue of restoring youth to the aged, and vigour to the decrepit.

Ponce thought this fountain would be an in-exhaustible source of revenue to him, as he could levy a tax upon all who derived benefit from its influence.

He fitted out 2 ships and went in search of it through the group of islands called the Lucayos (Bahamas).

Wherever he stopped, he drank of all the running streams and standing pools, whether their waters were fresh or stagnant, that he might not miss the famous spring.

He enquired of all the natives he met, where he could find the wondrous Fountain of Youth. In the middle ages the alchemical philosophers sought to find "The Elixir of Life", which was to renew youth, cure wounds and diseases of all kinds, and, in short, render man immortal.

The old romances are full of stories of this kind, which are most unmercifully treated by Cervantes in Don Quixote, where he makes that re-doubted knight compound the "balsam of Fierabras":

> *"And he that has it need not fear death, nor so much as think of dying by any wound. And therefore, when I shall have made it, and given it you, all you will have to do is, when you see me in some battle cleft asunder, to take up fair and softly that part of my body which shall fall to the ground, and, with the greatest nicety, before the blood is congealed, place it upon the other half that shall remain in the saddle, taking especial care to make them tally exactly. Then must you immediately give me to drink only two draughts of the balsam aforesaid, and then you will see me become sounder than any apple."*

In the "Turkish Spy", Vol. I, pp. 266-7 is an amusing account of old age and the elixir of life:

> *"To Bedredin, Superior of the Dervishes of Cogni, in Natolia*
>
> *Thy great age does not astonish me, seeing thy father, who is yet alive, is 107 years old, and thou art not above 82, which makes me hope to see a great while yet both one and the other, draw down, by their prayers, and merit of their good actions, the blessing of Heaven. The Christians say, when God gave them the commandments, he promised long life to such only who perfectly honoured those, who, under God, brought them into the light."*

If this be true, as 'tis very likely, 'tis not to be doubted, but that a long life is the recompense which God gives those who live well: and the Nazarenes, who are criticks, affirm:

That sin alone is the cause that men do not live so long as they did before the deluge, for then they remained such a while in life, as would tempt one to think they were to have been immortal.

They say that after the deluge, God changed the nature of man; and instead of that great number of years, which made up the course of so long a life, they cannot live, at farthest, above 120 years, and that there are few which arrive to 80, and whatever is beyond this is misery and torment, or a kind of senselessness, which makes men like beasts.

The Census of 1851

Yorkshire

At the census of 1851, the population of all Yorkshire was returned at 1,789,047: of whom 12 only were said to be 100 years of age; and these were distributed in the following unequal manner, relative to the population amongst whom they dwelt:

West Riding, population: 2 centenarians.
East Riding, population: 4 centenarians.
North Riding, population: 6 centenarians.

These figures, more strongly than any language, point out the localities most favourable to longevity, showing that the beautiful valleys and breezy downs of the north, are far more favourable to health and long life, than the close, smoky, manufacturing towns of the west.

Of these 12 aged people, 5 were males, and 7 females: of the males, one had never been married, and the others were widowers.

The 7 females were all widows: of 7 of the 12 no occupation is specified; of the others, 2 were paupers, 1 a farm servant, 1 a farmer, and 1 dependent on relatives: none

of them are returned as of independent means, or belonging to the upper ranks of life.

At the same time the west-riding had its proportion of persons aged 95, and upwards, as below:

West Riding, males: 14, females, 29 = 43
East Riding, males: 3, females, 7 = 10 Total 75
North Riding, males: 7, females, 15 = 22

Of 90 years and upwards, the numbers were respectively:

West Riding, males: 88, females, 142 = 230
East Riding, males: 31, females, 52 = 83 Total 438
North Riding, males: 43, females, 82 = 125

These numbers prove that there existed in 1851 in Yorkshire 525 persons more than 90 years of age.

England and Wales

At the same year 1851 in all England and Wales there were 215 persons aged 100 years and upwards, of whom 78 were males, and 137 females (population, 20,959,477), 27 of these were in London, which appears a very great number to exist amidst the noxious effluvia and dense fogs of that overgrown metropolis.

While, singular to relate, the rural part of Middlesex, the counties of Herts, Bucks, Oxon, Northampton, Bedford, and Cambridge, with their fine, mild climate, and agrestic population, had only 6 Centenarians.

While Durham, bleak and moist, employing a great mass of its population in coal mines, had 9, Northumberland 14, Cumberland 3, while the valleys, and mountains of Westmoreland, did not held one single individual of the age of 100.

Scotland

Scotland at that time had 103 persons aged a century or upwards, of whom 32 were males and 71 females.

Social Rank and Occupation

Of the 137 females in England and Wales exceeding one 100 years, 14 are annuitants, a class of persons proverbial for long life, 69 are widows, with no specified occupation; 11 are paupers, 24 follow some business or calling; and only 1 is said to be of independent means.

Of the 78 males 11 are agricultural labourers, 7 farmers, 6 soldiers or pensioners, 9 paupers, 7 labourers, 2 annuitants, and 2 gentlemen.

The others, with the exception of one, a lunatic, follow some manual calling, of whom 3 are shoemakers.

From the above authentic facts it is quite evident that a life of ease and plenty does not at all contribute to longevity. In every work we have seen, where length of life forms any part of the subject, rules for diet, and exercise are laid down by which those who follow them may attain to almost any age. Whereas it is quite obvious that such rules can only be useful to the idle, and the rich, who can eat, drink, and amuse themselves at will, and who it is quite certain will not follow a life of temperance, and rough manual exercise for the sake of living to extreme old age.

On the contrary, the poor, who are compelled by necessity to a life of hardship and toil, and generally of temperance too, enjoy good health, and live to a great age.

The Desire of Longevity

The desire of longevity appears to be inherent in all animated nature, and particularly in the human race; it is intimately cherished by us, through the whole duration of our existence, and is frequently supported and strengthened, not only by justifiable means, but also by various kinds of collusion.

Living in an age when every branch of human knowledge is reduced to popular systems; when the vigils of reason are hallowed at the shrine of experiment and observation; though we behold in the immense variety of things, the utter uselessness of attempting to renovate a shattered constitution, or of improving a sound one to last beyond a certain period.

We nevertheless observe that in the inconceivable waste of elementary particles there prevails the strictest economy. Nothing is produced in vain, nothing consumed without a cause.

We clearly perceive that all nature is united by indissoluble ties, that every individual thing exists for the sake of another, and that no one can subsist without its concomitant.

Hence we conclude, that man himself is not an insulated being, but a necessary link in the great chain which connects the universe.

Nature is our safest guide, and she will be so with greater certainty, as we become better acquainted with her operations; especially with respect to those particulars which more nearly concern our physical existence.

Thus a source of many, and very extensive advantages will be opened.

Thus, we shall reach our original destination - namely, that of living long, and in the enjoyment of sound health, to which if purity of morals be added, the best hopes may be entertained of a happy state, in a future world, where its inhabitants never die." - William Grainge, 1864.

Chapter 13

Yorkshire Longevity

100 Year Old's

- Andrews, Ann, of Sheffield, died in 1818, aged 100.

- Atkins, Mrs. Jane, died April 17th, 1761, aged 100.
She was buried in the church of Great Grivendale, near Pocklington, where a monumental inscription attests the fact of her uncommon age.

- Bateman, Mrs., of Aldborough, near Hull, died in 1802, aged 100.

- Birkhead, William, of Brook-house, near Cleckheaton, died in 1797, aged 100.

- Carnall, Ann, of Sheffield, died in 1817, aged 100.

- Cocker, Ann, of Meanwood, near Leeds, died in 1820, aged 100.

- Darnbrough, William, for 40 years sexton at Hart-with Chapel, near Ripley, died October 17th, 1846, aged 100.
He used to boast, that in his youth, the fairies were very numerous on the moors around Hartwith, but most of them had disappeared before he died, which was matter of great regret to him. He used to take great delight in describing their beautiful appearance, when dancing on the moors, on moonlight nights.

"Such airy beings awe the untutor'd swain."

An upright headstone, near the middle of the burial ground attached to Hartwith Chapel, bears the following inscription:

> *"In memory of William Dainbrough, who, for the last forty years of his life, was the Sexton of this Chapel. He died October 3rd, 1846, in the 100 year of his age.*
>
> *"Thou shalt go to thy fathers in peace; thou shalt be buried in a good old age." Genesis, XX. 15.*
>
> *"The graves around, for many a year, Were dug by him who slumbers here, - Till, worn with age, he dropped his spade, And in this dust his bones were laid. As he now, mouldering, shares the doom Of those he buried in the tomb; So shall he, too, with them arise, To share the judgment of the skies."*

An examination of the Pateley Bridge Church Registers revealed the fact that Dambrough was 102 years of age.

- Demaine, John, a small farmer, at West End, in the parish of Fewston, near Otley, died in 1820, aged 110.

In his youth he was a tall, active man, and a remarkably swift runner.

The great amusement of his life was following the hounds, which he pursued on foot, with his accustomed energy, till within the last five years of his life.

He was never known to change his dress after those days of severe exercise, though frequently drenched with rain; nor did he ever experience a days confinement from illness during the whole of his long life.

At the age of 97, he could mow an acre of grass in one day - a task sufficient for most young men.

After he had attained his 100th year, he complained that he felt he was growing old, as could not leap the walls, hedges and ditches, as he used to do.

After struggling against the growing infirmities of age, which impeded his favourite, and long indulged amusement, at the age of 105, he entirely gave up the sport, and acknowledged that he had become an old man. He was quick of sight and hearing to the last.

> *"When his weak hand grew palsied, and his eye, Dark with the mists of age, it was his time to die."*

- Ellen, of Scholes, Kirkburton, was buried in July, 1708, aged 100.

- Esh, Mrs., of Burton Agnes, died in 1763, aged 100. She appeared to have a presentiment that her death was approaching, and spent the last few days of her life in great tranquillity, preparing every thing necessary for her funeral.

> *"Faint as the rainbow melts to common air*
> *In tints scarce visible, so faintly falls*
> *On the mind's eye some image of the future."*

- Fentham, William, of Eipon, farmer, died in 1799, aged 100.

- Frank, Mr., of Pontefract, died in 1782, aged 100.

- Furnish, William, for many years an innkeeper in the City of York, died in 1811, aged 100.

- Garraud, Mrs., widow, of Oulton, near Leeds, died in 1805, aged 100.

This venerable lady, with her husband and family, resided at Lisbon, at the period of the dreadful earthquake, which, in 1775, nearly depopulated that city; in which frightful catastrophe they lost the greatest part of their property.

She had full possession of all her faculties to the last, and, by an easy transition, she passed from life to death on the very day she had completed her 100th year.

"Taught, half by reason, half by mere decay, To welcome death - and calmly pass away."

- Green, Elizabeth, of Holme, in the parish of Almondbury, was buried April 8th, 1596, aged 100 years.

- Gray, Ann, of Shipton, near Market Weighton, died in 1797, aged 100.

She earned her own independent living, by hard work, till within a very few years of her decease.

- Harper, John, of Askwith, near Otley, died in 1700, aged 100.

- Harrison, Catherine, of Thirsk, died March 8th, | 1795, aged 100.

- Harrison, Elizabeth, buried at Kirkby Moorside, in 1719, aged 100.

- Holiday, John, of Milshay, near Leeds, died in 1812, aged 100.
More than a 100 of his descendents, attended his funeral.

- Jarman, Betty, widow, an inmate of one of the alms-houses, York, died in 1811, aged 100.

- Keighley, Ann, widow, of Hunslet, near Leeds, died September 21st, 1796, aged 100. She was mother, grandmother, and great grandmother to 253 children, and was carried to the grave by twelve of her great grand children; nearly one hundred of her descendants attended her funeral.

- Kitchingman, Robert, EsQ., of the Same place and family, died May 7th, 1716, aged 100.
He ordered his body to be buried by torchlight, at Chapel Allerton, where he was interred on the 16th of the same

month, when 100 torches were carried in the funeral procession.

The room where the body was laid was hung with black, and a velvet pall, with escutcheons, was borne by the chief gentry; the bearers had all scarfs, biscuits, and sack, and the whole company gloves. Fifty pounds was given amongst the poor in the chapel yard, on the day of his interment.

- Law, Matthew, of Sand Hutton, near Thirsk, died November 4th, 1814, aged 100. The Kegister of this Chapelry, between the years 1813, and 1844, contains the names of 6 persons buried there, each of them more than 90 years of age.,

- Lawranoe, Robert, of Guisborough, died in March 1762, aged 100. He had 4 wives, and was married to Jane Enderson, his last, when 90 years of age.

- Littleton, James, of Rishworth, near Halifax, died in 1700, aged 100.

- Lowther, Mr., of Guisborough, died in June, 1767, aged 100.

- Lovell, Mrs., of Burlington, died in 1800, aged 100.

- Lister, Sarah, of Grassington, died at Skipton, January 28th, 1862, aged 100 years.

- Mawhood, Mrs., widow, of Pontefract, died in 1792, aged 100.

- Metcalfe, Jane, widow of Henry Metcalfe, Esq., of Nappa Scar, near Askrigg, died April 3rd, 1859, in the 100th year of her age. The Metcalfes of Wensleydale, of which the house of Nappa was the head, were, at one time, the most numerous family in England. They were alike ancient and honourable; and many of them were highly distinguished in different capacities.

- Morgan, Walter, of Rotherham, died in 1813, aged 100.
He had been a soldier in early life, and seen much hard service.

- Mawer, Mary, died at Shaw Mills, near Ripley, May, 1861, aged 100 years.

- Northallerton Parish Registers: The registers of this parish, from 1721 to 1857, inclusive, record the names of 2 persons exceeded 100 years, 2 of 99 years, 3 of 98 years, 1 of 97 years, 6 of 96 years, 7 of 95 years.

- Paycock, James, of Nunnington, died February 10th, 1610, aged 100.

- Patefield, Elias, of Northowram, died in 1754, aged 100; and his wife aged 99, died nearly at the same time. They had been married 60 years.

He, first departed - she, for one hour, tried to live without him, liked it not, and died.

- Paul, Ann, widow, of Skipton, died in 1825, aged 100.

- Randall, Eve, of Leeds, died September 29th, 1830, aged 100.

- Rollinson, Thomas, died at Halton, near Leeds, May 16th, 1831. He was 100 years of age, the 27th of January, previous to his death.
With the exception of the loss of his eyesight, a short time previous to his decease, he enjoyed uninterrupted good health.
He had a perfect recollection of visiting the encampment on Clifford Moor, in 1745; and many other events of that period, were frequent subjects of his aged narration. He lived to see four generations of his own descendants, who all attended him to the grave.

Though humble in life, he adorned his station by integrity, sobriety, and industry. He was married 69 and a-half years; and was never known to sing, whistle, or swear, and was never, but once, intoxicated with liquor during his long life.

- Rymer, Bartholomew, of Ripon, died in 1791, aged 100. He was a man of great activity, and uniformly enjoyed good health. He was gamekeeper to Sir Bellingham Graham, Bart., of Norton Conyers, and shot game flying in his 99th year.

- Ratcliffe. October 25th, 1503, William Ratclifie, 100 years of age; Nicholas Whitfield, of 98; and John Thorn, of 80 years of age; gave evidence,

> *"For verrey trawthe", of the affiance or marriage of Elizabeth Clifford and Robert Plumpton, in the "chapell within the castell of Skypton."*

- Shepherd, John, of Soyland, near Halifax, died in 1830, aged 100.

- Sharp, Elizabeth, of the parish of Brompton-on-Swale, completed her 100th year in August, 1858.

She is now chargeable to the parish for her maintenance; has the full use of all her faculties little impaired by time, and during her life has invariably enjoyed good health.

- Somersgill, Catherine, of Chapel Allerton, near Leeds, died in 1794, aged 100.

- Spencer, Richard, of Scarborough, died in 1785, aged 100.

- Smith, Thomas, of Knaresborough, was buried March 11th, 1850, just 100 years after the day he was born. He was a linen manufacturer in his youth, and, later in life, keeper of St. Robert's Chapel. In personal appearance he was tall and

thin. He left 18 children by his wife, only 5 of whom were married at the time of his death. He had, nevertheless, 35 grandchildren, 50 great grandchildren, and 2 great great grandchildren.

He had a perfect recollection of seeing the body of Eugene Aram on the gibbet at Thistle Hill, when he was nine or ten years old; and, as Aram was hung upon "that tree of shame", in August, 1759, he would be about that age at that time.

The same family, and the same place, is remarkable for having produced other two persons who each lived more than a century: the father and grandfather of Thomas Smith, The father died in 1798, aged 103; while the grandfather attained the age of 108.

The 3 were born, lived, and died in the same house, - a small cottage, situated close to the cliffs, near to St. Robert's Chapel and the river Nidd.

It belongs to the family of Slingsby, of Scriven, and was occupied by the family of Smith more than 300 years.

They entirely made the garden in front of the Chapel, by placing soil, brought from a distance, upon the bare rock.

When the grandfather occupied the place the rent was one shilling per annum; when the late Sir Thomas Slingsby came into possession it was raised to five shillings; when the present Baronet became owner it was advanced to 49 shillings.

After the death of their father, the two unmarried daughters were not allowed to occupy it any longer, and the humble cot, which had produced so many specimens of longevity, passed into another family.

- Steel, John, of Bishop Thornton, near Ripon, died in 1833, aged 100. He retained his faculties in vigour to the last, and distinctly remembered, when a boy, going to see the King's troops encamped on Kirby Hill Moor, during the rebellion of 1745; also many other events of the early part of the reign of George II.

- Storey, Neriah, of Leeds, died in 1764, aged 100.

- Stirk, Clara, widow, of Skipton, died in 1812, aged 100.

- Sturdy, William, of Romanby, near Northallerton, died in March, 1835, aged 100.

- Storzaker, John, of Hutton Conyers, near Ripon, died in 1704, aged 100.

- Whitehead, Levi, of Bramham, died in December, 1787, in the 100th year of his age. He was noted for swiftness in running; having won the buck's head for several years, at Castle Howard. He also won the 5 Queen Ann's guineas, given by William Aislabie, of Studley, near Ripon; beating the then noted Indian, and nine others, selected to start against him. In his 22nd year, he ran 4 miles over Bramham moor, in 19 minutes; and, what is more remarkable, in his 95 and 96 years he frequently walked from Bramham to Tadcaster, a distance of four miles, in an hour. He retained his faculties to the last.

- Wilkins, Major, died in 1756, aged 100. He was imprisoned for debt in York Castle, during the long period of 50 years.

- Wilson, William, of East Row, near Whitby, died in 1795, aged 100.

- Widdop, Adam, of Keighley, died in 1656, aged 100.

- Wright, Henry, of Keighley, died in 1598, aged 100.

101 Year Old's

- Addy, Mrs., of Tinsley Toll-bar, near Eotherham, died in 1809, aged 101 years. She retained the complete use of her faculties to the last, though somewhat infirm in her limbs; her sight continued so perfect that she was able to read a small print bible without spectacles. Her mother lived to the age of 103 years.

- Askham, Mrs., of the City of York, died in 1791, aged 101.

- Barnard, Grace, of Leeds, died in 1804, aged 101.

- Dawson, Mrs., of Wakefield, died in 1798, aged 101.

- Fentiman, Mr., of Bolton Abbey, in Craven, died in 1801, aged 101. Throughout his long life he had enjoyed an almost uninterrupted state of good health.

- Foster, Elizabeth, of Stainbum, near Otley, died in 1830, aged 101.

- Middleham, Mrs., widow, of Holbeck, near Leeds, died in 1794, aged 101.

- Milbourn, Mary, of Sessay, near Thirsk, died in November, 1784, aged 101. She was a widow and a pauper many years.

- Mallinson, Mary, died at Harrogate, in 1820, aged 101.
She was buried in the ground attached to St, John's Chapel, where Christ's Church now stands.

North, John, died at Holme, in 1811, aged 101.

- Rheam, Mrs., widow, of Copmanthorpe, near York, died in 1791, aged 101.

- Rodgers, Aaron, of Sheffield, died in 1795, aged 101.

- Russworth, Ann, of Birstwith, near Ripley, died in January, 1829, aged 101 years.

- Sykes, John, of Snowgatehead, in Fulstone, parish of Kirkburton, near Huddersfield, died in 1800, aged 101 years.

- Wade, Thomas, of Addingham, died in 1810, aged 101.

- Wilson, William, of Whitkirk, near Leeds, died in 1830, aged 101.

102 Year Old's

- Bartlemer, Margaret, of Kirkstall, near Leeds, died in 1766, aged upwards of 102.
She retained her faculties to the last.

- Butterfield, Robert, of Halifax, died in December, 1781, aged 102, From very humble beginnings, by 40 years industry as a wool-stapler, he acquired a fortune of £40,000, which he employed extensively in works of charity and beneficence.

- Catton, Mrs. Ann, of Hungate, York, died in 1814, aged 102.
She was a poor, but very industrious woman, and possessed to the last a remarkably retentive memory, with so much bodily health and strength, as to be able to walk about by herself till within a week of her decease.

- Catterson. Mrs., of Silsden Moor, near Skipton, in Craven, relict of Sylvester Catterson, of Addingham, died in April, 1858, aged 102. In her youth she was a leader of fashion in her neighbourhood. She retained the use of her faculties to the last.

- Childers, Henry, of Bramham, died in 1809, aged 102.

- Deane, Sarah, of Horsforth, near Leeds, died in 1809, aged 102.

- Dodsworth, Mary, of Kirkdale, died July 16th, 1797, in the 102nd year of her age. There is an inscription to her memory in the north aisle of the parish church, of this place.

- Gibson, William, of Hutton Bushell, near Scarborough, died in 1796, aged 102.

- Halmshaw, Mary, of Wakefield, died in 1791, aged 102.

She had been a widow more than fifty years. Such was her general good state of health, combined with great activity, that, when in her 77 year, she walked from Wakefield to London, a distance of 180 miles, and returned, as she went, on foot. She retained all her faculties almost unimpared to the last.

- Hunt, William, of Sheffield, died in 1708, aged 102.

- Jameson, Ann, of Aldbrough, near Richmond, died in April, 1766, aged 102. She was confined to her bed during the last ten years of her life.

- Knowles, Isabella, died at Tenement, in the town- ship of Fountains' Earth, Nidderdale, January 30th, 1846, at the age of 102. She resided at Pateley Bridge, until within a few years of her death, and so completely did she retain the use of her faculties, that she could see to thread a needle, and sew without spectacles, when upwards of one hundred years old. Her memory was perfect to the last. She was married and had a family.

- Macknay, Barbara, of Middleton Tyas, died in 1808 aged 102. Her whole life had been a course of uninterrupted good health.

- Morrison, James, of Harrogate, died in 1734, aged 102. He was a musician at that watering place more than 70 years, and followed his favourite pursuit till his death.

- Myers, Ann, of Birstwith, near Ripley, died in 1 February, 1823, aged 102 years.

- Samuel Mogg, one of the last survivors of the army which fought under General Wolfe, died in 1812, aged 102.

- Parker, Ann, of Skelding, near Ripon, died November 30th, 1863, aged 102.

- Thompson, Joseph, of Lyth, near Whitby, died in 1817, aged 102.

- Williamson, Elizabeth, of Scarborough, died in 1856, aged 102.

- Woodward, Frances, of Carlton, in Craven, died in 1662, aged 102.

- Hinchliffe, James, of Millshaw, in Hepworth, clothier, was buried in May, 1812, aged 102 years.

103 Year Old's

- Allason, William, Governor of Scarborough Spaw, died in 1775, at the age of 103, in possession of all his faculties. His attainment to extreme old age, without its usual attendant infirmities was the more singular as he was far from living temperately. His portrait is in possession of a friend in Scarborough, with this inscription:

> *"The picture of William Allason, Governor of the Spaw, taken in 1760, then 88 years of age."*

Whenever he was questioned respecting his regimen, he usually replied that he always lived well, and that the Spaw water was his sovereign remedy.

- Barnard, Thomas, of Leeds, died in 1698, aged 103.

- Beachill, James, of Monk-Fryston, died in 1817, aged 103.

- Cousen, Mary, of Wakefield, died in 1791, aged 103.

- Coulter, Mrs., of Hovingham, died in 1772, aged 103.

- Dixon, Jane, widow, of Scrayingham, died in 1854, aged 103. She retained full command of all her faculties till within a few months of her decease; her sight in particular, was so perfect, that she could see to read type of the ordinary size, without the aid of glasses, up to the last hour of her life.

- Finney, William, of Ripon, died February 13th, 1813, aged 103. An inscription, in the nave of Ripon Minster records this instance of longevity. In Ripon Minster, and the burial ground attached thereto, are about 750 monumental inscriptions, of which only two record the death of persons who attained to the age of 100.

- Garforth, Dennis, of Keighley, died in 1625, aged 103.

- Gunston, Sarah, of the parish of St. Giles, in the suburbs of the City of York, died in 1792, aged 103. She had been a widow, at the time of her decease, more than half a century.

- Gunby, Mrs. Caroline, died at Double Bridges, near Thorne, July 20th, 1829, in the 103rd year of her age.

- Humphries, Mrs., widow, of Elmsall, near Sheffield, died in 1809, aged 103.

- Jackson, Luke, of Gauxholme, died in 1802, aged 103.

- Jones, Joan, of Guisborough, died in May, 1772, in the 103rd year of her age.

- Kjershaw, Mary, widow, of Pontefract, died in 1788, aged 103.

- Kirk, John, died at Leeds, in 1850, aged 103. He was a brickmaker by trade, and a native of Derbyshire.

- Lazenby, Hannah, was living in the year 1823, at Well, near Bedale, aged 103. We have no information as to the time of her death.

- Lepton, Agnes, of Kepwick, near Thirsk, died May 8rd, 1603, aged 103.

- Legro, Daniel, of Leeds, died in 1773, aged 103.

- Miller, Sarah, of Hardcastle, in Nidderdale, was buried at Pateley Bridge, October 19th, 1820, aged 103.

She was married and had a family. For a great number of years she was employed as a hand metal washer - that is, a washer of lead ore - at the Cockhill lead mine, Greenhow-hill. (About half a century ago, this work was commonly done by women, with hand selves, now it is done by machinery.)

She followed this hard work until she was upwards of one hundred years of age; and, such was her thrift and economy of time, that she was always engaged in knitting when walking to and from; her work; and even on her longer journeys, to Pateley Bridge, and other places, she was nearly always to be seen industriously plying her knitting needles.

On the hundredth anniversary of her birthday, she made a feast at her house, to which she invited several of the master miners; one of the principal dishes on this memorable occasion was a goose pie (a grand and glorious dish, was the standing goose pie at Christmas, in days not long since past). She possessed the use of her faculties, and her memory, which was singularly retentive nearly to the last.

- Reynolds, Ann, of Tunstall, near Catterick, died in 1808, aged 103.

- Robshaw, Sushannah, of East-Moor, near Leeds, died in 1807, aged 103.

- Simpson, Mrs., died at Leeds, in 1698, aged 103.

- Smith, Sarah. The Annual Register, for the year 1760, contains the following instance of longevity:

> *"There is now living one brother and four sisters, born in the parish of Hemingbrough, in the County of York, who reside in that and the adjacent parishes, whose ages put together amount to four 465 years, all hearty and well. The mother of the above persons, whose name was Sarah Smith, died but a few years ago, aged 103 years: she never knew a day's sickness, and retained her senses to the last, - "the happy effects of a life of innocence and temperance."*

- Speed, Mary, of Worsall, near Yarm, died in 1781, aged 103. This poor, but industrious woman, was early left a widow, with several children to support, almost entirely by her own labour. Finding ordinary female employments insufficient to procure a maintenance for herself and family, she engaged herself as a bricklayer's assistant, or in the performance of any, other heavy drudgery, by which she might be enabled to earn more: which practice she continued till all her children were so far grown up as to be able to provide for themselves.

She afterwards employed herself in spinning, which occupation she followed till the time of her death, which took place without any previous indisposition. She passed at once from life to death, and ceased at once to work and live.

- Taylor, Mary, died 4th February 1860, in the Union Workhouse, Doncaster, aged 103.

- Thompson, Joseph, farmer, of Walmgate bar, York, died in 1781, aged 103. He left a son nearly 80 years of age.

- Wharton, Mrs. Margaret, died at Thirsk, in 1791, aged 103. She was of the family of the Whartons of Skelton Castle, in Cleveland; was never married, immensely rich, and extremely eccentric, setting the conventional usages of high life at defiance, or treating them as frivolous.

In person she was short, and rather stoutly built. She was possessed of a fortune of two hundred thousand pounds; of which, with rare liberality, she made her nephew a present of one hundred thousand pounds. Her charities were liberal, but always private: nothing hurt her so much as to have them divulged. She withdrew her benevolence from those who spoke of receiving her gifts. It gave her great pleasure to know that she was deemed rich. For some time she resided at York, and visited Scarborough in the season; where, from her frequently sending for a pennyworth of Strawberries, and a penny-worth of cream, she obtained the name of "Peg Penny-worth," which never forsook her.

An incident occurred in which she displayed her aversion to public charity - some gentlemen soliciting her charity, whom she could scarcely deny, about the year 1774, when light guineas were in disgrace, she pulled a number out of her purse, and, turning them over, selected one of the lightest; this produced a few winks and smiles: but the matter was not to rest here; the celebrated Foote laid hold of the incident, and drew her character in a farce, under the name of “Peg Pennyworth." When informed of this circumstance, she exclaimed, with a smile: “I will see it acted, as I live."

She did, and declared with joy, that they had done her justice. She frequently chose to be her own caterer, making her own purchases, and taking them home in her carriage. Once, having purchased some eels, she put them in her pocket, entered her coach, and called upon a lady, ta take her an airing. The warmth of her body soon revived the seemingly dead eels, and one of them crept out to enjoy a little fresh air.

The lady friend saw it, and screamed out in horror, - “Madam! you have an adder creeping about you! Coachman, stop! let me out! let me out!" To this tragic exclamation Margaret coolly replied, - “you need not be frightened, madam, I protest one of my eels is alive."

In one of her visits to Scarborough, she, with her usual economy, had a family pie made for dinner; she directed the footman to take it to the bakehouse, who rather declined, as

not being his place, or his dignity might suffer a little in consequence of performing so ungentlemanly an action - she next moved the question to the coachman, but found a stronger objection still - so, to save the dignity of both. She resolved to take the pie herself; and ordered one to harness and bring out the carriage, the other to mount behind; and, entering the coach herself, took the pie, thus honourably dignified, to the bakehouse.

When baked, coachee was ordered to put to his horses a second time, and the footman again to mount, and the pie was brought back in the same honourable state in which it went. “Now," says she to the coachman, "you have kept your place, which is to drive" - “and yours," to the footman”, which is to wait."

A clergyman's wife having kept up a visiting connexion in York, the clergyman dying, and leaving the lady in affluence, she retired to Thirsk, with four daughters, and solicited Mrs. Wharton to pay her a visit. She consented, took her carriage and servants.

After some time, the lady began to think the visit rather protracted, particularly as she had a family of her own to provide for; but Mrs. Wharton thought that treating the young ladies with a frequent airing in her carriage was an ample recompense. A growing discontent cannot be smothered. The lady could neither find a remedy nor complain. At length she ventured to hint to Mr. Wharton:

> *“That the pressure was great.” “Be silent, madam”, said he; “let my aunt have her way, I will pay you two hundred a year during the life of my aunt, and one hundred during your own, should you survive her.”*

Mrs. “Wharton ended her days with this lady, and the hundred a year was regularly paid to the day of her death.

- Walker, Old Molly, a character well-known in Craven, died at the “Club Houses”, Skipton, January 21st, 1862, aged 103 years.

104 Year Old's

- Chapel, Sarah, of Whitley, died in 1766, 104.

- Cowgill, John, of Ripley, died in 1825, aged 104. He was descended from a family noted for longevity, his father and grandfather both having attained to extreme old age. He was a field labourer, hale and robust to the last, enjoying excellent health, and scarcely had a day's illness during the whole of his long life; even at the last the wheels of life appeared to come to a stand gently, and he passed away without any violent shock, like one going to sleep when his work was done. His memory was perfect to the last, and he was possessed of a fund of anecdote, and loved to narrate the doings of his youth. His widow, who survived him, was upwards of 90 at the time of her decease.

- Craven, Philip, of old Malton, a day labourer, died in 1844, aged 104.

- Deline, Peter, Esq., of Leeds, died in 1773, aged 104.

- Ellerton, Simeon, of Craike, near Easingwold, died in 1799, aged 104. This man, in his day, was a noted pedestrian, and, before the establishment of regular posts, was frequently employed in walking commissions from the northern counties to London, and other places, which he executed with singular fidelity and despatch.

He lived in a neat stone cottage of his own erecting; and, what is remarkable, he literally carried his house upon his head; it being his constant practice to bring back with him from every journey he undertook, some suitable stone, or other material for his purpose; and which, not unfrequently, he carried 40 or 50 miles on his head.

- Glenton, Dinah, of Richmond, died in 1811, aged 104.

- Holmes, Hannah, of Shipley, died in April, 1828, aged 104 years.

- Jackson, Mary, of Cropton, near Pickering, died in 1790, aged 104.

- Many men of intemperate habits have attained to extreme old age; even some who have been habitual drinkers - the most remarkable of whom was, perhaps, Thomas Whittington, of Hellingdon, Middlesex, who died in 1804, aged 104. He retained the complete use of all his powers of mind to the very last hour of his life.

He was in the habit of drinking, daily, for many years, and till "within a fortnight of his death, from a pint, to a pint and a half of London Gin, which, singular to relate, seemed to have very little effect upon his system. On the other hand, more centenarians have been temperate in their habits, and some of them total abstainers from strong drinks.

- Logan, John, of Halifax, died in 1830, aged 104. He was 50 years a soldier, and after his discharge received a pension of fourteen shillings a week. He was twice married; by his first wife, he had 8 girls; and by his second, 12 girls and 12 boys.

- Lowther, Hannah, died at Thornton, near Pickering, September 10th, 1861, aged 104. She retained all her faculties to the last, and could read ordinary print, a short time before her death, without spectacles.

- Morris, Martha, of Leeds, died in 1812, aged 104.

- Procter, John, of Leathley, near Otley, died in 1710, aged 104.

- Simpson, Joshua, Esq., of Hunslet, near Leeds, died in 1780, aged 104.

- Simmons, Edward, of Leeds, died in 1840, aged 104. He served 22 years in the 25t regiment of foot, and was an outdoor pensioner of Chelsea, since 1792.

- Stott, James, farmer, of Brompton-on-Swale, near Richmond, died September 11th, 1851, aged 104. He had full possession of all his faculties up to the time of his decease. He was a slight made man, about four feet four inches in height ; was born in that parish, and never lived out of it.

- Thornton, James, of Pudsey, died in 1699, aged 104.

- Turner, Mrs., of Everthorpe, near Cave, died in 1806, aged 104.

- Webster, Mary, widow, of Hull, died in 1816, aged 104.

- Wood, Susannah, of Newton-upon-Ouse, near York died in 1780, aged 104.

- Wright, Mrs. Mary, a highly esteemed minister of the Society of Friends, died in Camp Lane Court, Leeds, March 14th, 1858, in her 104th year.

105 Year Old's

- Airton, Mary, of Horsforth, near Leeds, died in 1809, aged 105.

- Arton, Mrs., of Potternewton, near Leeds, died in 1805, aged 105.

- Bradbury, Mary, of Sheffield, died in 1739, aged 105.

- Corner, Mrs. Ann, widow, of Aldbrough, died in 1817, aged 105.

- Dodsworth, Margaret, wife of Robert Dodsworth, Esq., of Barton, in the North Riding. She lived in three centuries, being born, in 1598, and dying in 1704, aged 105. After the death of her first husband, she married Colonel Henry Chaytor, the loyal and gallant defender of Bolton Castle, in Wensleydale, for the king, against the forces of the Parliment, during the civil wars of the the 17th century.

She made her will a few months before her death, stating that she was “in health of body, and of sound, good, and perfect memory;" and signs by a mark of three strokes |||. In the church at Barton, is a monument to the memory of herself, her first husband and son.

- Hall, Mary, sextoness, of Bishophill, in the City of York, died in 1759, aged 105. She walked about, and retained her senses, until within three clays of her death.

- Halton, Alice, of Thirsk, died in 1814, aged 105.
She was mother of twelve children, and lived to see the fifth generation of her descendants.

- Hanson, Hannah, of Castle Bolton, in Wensleydale, died January 14th, 1812, aged 105. A stone, in Redmire chapel yard, commemorates this instance of longevity.

- Hatfield, Ann, of Tinsley, near Sheffield, died in 1770, aged 105.

- Hopwood, Ann, widow, of Hull, died in 1814, aged 105.

- Johnson, Ann, of Aiskew, near Bedale, died in November, 1777, in her 105th year. She was mother to 6 children, grandmother to 36, and great grandmother to 6.

- Johnson, Bartholemew, an eminent musician of Scarborougli, died in 1814, aged 105. In the year 1810, a minor Jubilee was celebrated in the town, in consequence of the aged worthy completing the first century of his existence. Lord Mulgrave honoured the meeting with his presence, and afterwards sent Mr. Jackson, the artist, to take the portrait of the venerable old man, which his Lordship afterwards presented to the Corporation of Scarborough.

> *“When age and virtue in one form are joined, Tis sweet to honour them.”*

- Kay, Dinah, of Castle Hill, Almondbury, widow, was buried March 10th, 1695, aged 105 years.

- Lane, Esther, of Eggleston Abbey, died in 1804, aged 105.

- Lee, - , widow, of Broom Bank Steele, was buried March 2nd, 1670, aged 105 years.

- Levi, Lazarus, of Leeds, died in 1797, aged 105. He was of the Jewish persuasion, and, until he was upwards of 100, he was in the habit of traversing the streets of Leeds, and adjacent townships as a vendor of fine hardware and trinkets.

- Mann, Kichard, of Middleton, died in 1713, aged 105.

- Andrew Gammels, a dragoon, in the British Service, during Queen Anne's wars, died at Roxburgh, in March, 1794, aged 105. He begged his bread for the last fifty years of his life.

- James Hatfield, died in 1770, aged 105. He was the soldier, who, whilst on duty one night at Windsor, counted St. Paul's clock at midnight strike thirteen, instead of twelve; he was found asleep on duty, after the hour when he ought to have been relieved; was tried by a court martial, but pleaded that he was awake, and on duty, during his proper guard time, by saying he heard the clock strike thirteen, which fact, being confirmed by the city watchman, he was acquitted.

- Paudames, Samuel, of Teddington, near Malton, died in 1798, aged 105.

- Scarr, John, of Hawes, in Wensleydale, died in April, 1788, aged 105. He could thread a needle without spectacles, and crack nuts with his teeth, and the last year of his life, as well as most young people.

- Sherwood, Mr., of Stokesley, died in 1794, aged 105. He practised much temperance, in all his modes of living, and accustomed himself to constant exercise in the open air.

- Stephenson, George, of Romaldkirk, died in July, 1855, aged 105. He had passed most of his life as an agricultural labourer, and had been invariably an early riser, even till within a few months of his death. During the latter part of his life, he resided with his daughter at Romaldkirk, to which place he walked from Darlington, in one day, a distance of 22 miles, when in his 100th year.

He used frequently to reprove his daughter and her husband, both upwards of 70 years of age, for indulging in bed so long in the mornings, - though they generally rose before six, - telling them, if they would not work when young, what would they do when old. He possessed his mental faculties to the last, and, having a most retentive memory, one of his greatest pleasures was to recount the events of his youthful days.

- Todd, Mary, of Richmond, died in September, 1790, aged 105. Her life was an almost uninterrupted course of good health, and her sight was so perfect to the end of her days that she had no need of spectacles.

- Whitehead, Joshua, of Addlecroft, near Huddersfield, died in 1828, aged 105.

- Wilkinson, Francis, of Bishopton, near Ripon, died in 1830, aged 105.

106 Year Old's

- Ellis, Robert, of Burnside, Hepworth, was buried December 25th, 1749, aged 106 years.

- Hunter, Mrs., of Scarborough, died in April, 1786, in the 106th year of her age. She retained her faculties to the last.

An hour before she expired, she gave instructions that her

maiden name (Noel,) might be put upon her tombstone, - she being a descendant of that family, third cousin to the Earl of Rutland, and, also, third cousin to the Earl of Gainsborough.

"How loved, how honoured once, avails thee not.
To whom related, or, by whom begot;
A heap of dust alone remains of thee,
'Tis all thou art ; and all the proud shall be."

- Jackson, Betty, of Holbeck, near Leeds, died December 22nd, 1828, aged 106. In her 22 year she accompanied the pack horses with rations to General Wade's army, then lying at Tadcaster, on its route northward to oppose the rebels in 1745.

- Norris, Widow, died at Leeds, in 1705, aged 106.

- Ogden, Mary, of Holbeck, near Leeds, died in 1795, aged 106.

- Owthorpe, Mary, died at Hessay, in 1809, aged 106.

- Tate, Mrs., widow, of Malton, died in 1772, aged 106.

- Wheatley, Mr., clothier, of Leeds, died in 1780, aged 106.

- White, Sarah, of Bramley, near Leeds, died in November, 1760, aged 106.

107 Year Old's

- Armstrong, Ann, of Aldbrough, near Kichmond, died in April, 1766, aged 107, to which age she had lived in a state of celibacy.

- Bailey, Michael, of Sherburn, died in June, 1808, aged 107. He was the original of the celebrated painting called

"The Woodman". He was abstemious and regular in his habits, and worked as a day labourer until he was more than 100 years of age.

- Bean, John, of Middlethorpe, near York died in 1700, aged 107.

- Beilby, Mary, of Malton, died in February, 1767, aged 107.

- Coulson, Ralph, of Grimstone, died in 1771, aged 107.

- Cook, Robert, of Clifton, died April 28tli, 1776, aged 107.

- Dawson, Mrs., widow, of Thwing, in the East Riding, died in 1809, aged 107. She manifested no important signs of declining faculties, until within one week of her decease.

- Frith, John, of Sowerby, near Halifax, died in 1757, aged 107. He left seven sons and daughters living; the eldest of whom was 87, and the youngest 69 years of age.

- Glenton, Helen, of Tunstall, near Catterick, died in 1808, aged 107.

- Gomeesall, Mary, of Wakefield, died in March, 1763, aged 107. She was mother to 14 children, grandmother to 33, great grandmother to 84, great great grandmother to 25 - in all, 156 descendants. This is a respectable number, but nothing to what is said to have been the family of Dennis Coorobee, of Ballindangan, Ireland, who died in 1805, aged 117: who, during his lifetime, had 7 wives, 48 children, 236 grandchildren, 944 great grandchildren, and 25 great great grandchildren, in all, 1,253.

- Hayton, Betty, now living (1864) with her third husband, in hospital yard Walmgate, York, in her 107th year. She has a daughter living with her aged 80 years.

- Hirst, William, a farm labourer, of Micklefield, near Aberford, died in 1853, aged 107. He was born within a few miles of Micklefield, where he resided for 80 years. He followed his employment, as a farm labourer, regularly, until he was about ninety years old, and assisted at harvest work at the age of one hundred. His sight was so strong that he could see to read a newspaper without the aid of glasses, to the end of his days; his memory, also, continued unimpared, until within a few weeks of his death.

The allowance he received from the parish - 3s. to 4s. a week, - he expended, principally, in the purchase of rum, a spirit of which he had always been extremely fond ; and which he considered as the balm of his life. His last illness confined him to the house nineteen weeks. He was married, and a family of two sons survived him.

- Moore, Mrs., of York, died in 1769, aged 107.

- Sedgfield, Henry, mariner, of Scarborough, died at Edinburgh, in 1787, aged 107.

- Sharp, Stephen, of Bramhope, near Leeds, died in 1805, aged 107.

- Watkinson, Phoebe, of Gleadless, near Sheffield, died in 1819, aged 107.

- Wainwright, George, of Dore, near Sheffield, died in 1821, aged 107.

108 Year Old's

- Allison, Maby, of Thorlby, in the parisli of Skipton, died in 1668, aged 108 years. She was able to work at her spinning-wheel, until within two years of her decease.

- Ambler, Peter, of Shelf, near Halifax, died 3rd December, 1708, aged 108.

- Harrison, Mrs., widow, of Bacup, died in 1819, aged 108.

- William Gillispie, an old Chelsea Pensioner, died at Ruthwell, near Dumfries, Scotland, June 15th, 1818, aged 108.

- Potter. There were living, near Pontefract, in May, 1765, a labourer, named Potter, and his wife, whose ages, together, made 213; the man, 108, and the woman, 105.

- Stringer, Ann, of Northallerton, died in September, 1721, aged 108.

- Wiggin, Thomas, of Carlton, in Craven, died in 1670, aged 108. He enjoyed a remarkable good state of health, and was able to walk about till within a few days of his death.

- Wood, Nathan, of Soyland, near Halifax, died December, 25th, 1704, aged 108.

109 Year Old's

- Atkinson, Alice, of the City of York, died in 1794, aged 109.

- Gray, Mrs., widow, Sheffield, died in 1843, aged 109.

- Horner, Jane, of Leeds, died in 1700, aged 109.

- Prest, William, of Galphay, near Ripon, died in April, 1789, in his 109th year. He was a labourer, employed on the Studley Park estate, till within ten years of his death. He left a widow, and eight children; the eldest, 88, and the youngest, 16 years of age.

- Pearson, Mary, of Ery holme, a poor widow, died in 1802, aged 109.

- Richardson, Esther, of Langton-on-the-Wolds, near Malton, died in 1786, aged 109.

- Shepherd, John, of Tadcaster, died in 1757, aged 109.

- Wells, Henry, of Whitby, died in 1794, aged 109. His health was uniformly sound and good till a short time before his death. He was, however, almost blind, and was led through the streets by a poor woman, carrying on his shoulders a few mats, for sale, of his own manufacture.

- Wilkinson, Mary, of Romaldkirk, died in 1783, aged 109.

110 Year Old's

- Garbutt, Jane, widow, of Welbury, near Northallerton, died in 1856, aged 110. She had been twice married, both her husbands being sailors during the old war. For some years, during the latter part of her life, she was maintained by the parish; she, however, had a cottage to herself, and the parish officers, with laudable humanity, engaged a female to attend to her wants.

Her frame had shrunk into a very small compass ; she was comparatively free from pain, retaining all her faculties, and enjoying a pipe of tobacco to the last. According to her own statement, she “had burned the fragrant weed" nearly one hundred years, which will go far to prove if it be a poison, it is a slow one indeed. She always sat upright on her chair, rarely resting against the back, and, only the Saturday before her death, walked steadily across the floor of her cottage.

- Harwick, William, of Leeds, died in May, 1772, aged 110.

- Hodgson, Elizabeth, of Scampston, near Pickering, died November 13th, 1760, aged 110.

111 Year Old's

- Allanby, Widow, of Thoralby, died February 8th, 1665, aged 111 years.

- Avison, Matthias, of Kirkby Misperton, near Malton, died in 1822, aged 111.

- Congreve, William, of Sheffield, died in 1754, aged 111.

- Frith, Mary, of Marsden, in the parish of Almond-bury, died in 1784, aged 111.

- Houseman, John, a labouring man of Sessay, near Thirsk, died in 1777, aged 111.

- King, Mary, died in April, 1817, at Stonehaven, in Dent, aged 111. She was - for a number of years - one of the blind annuitants of Christ's Hospital.

- Walkington, William, of Kirkby Misperton, near Malton, died 1820, aged 111.

112 Year Old's

- Carter, Matthew, of Thornbrough, near Thirsk, died in November, 1666, aged 112. He was married at the age of 54. His widow survived him 6 years; dying 64 years after her marriage.

- Golden, Mrs, widow, of Hilton, in Cleveland, died in 1802, aged 112. She retained the complete command of all her faculties, up to the latest period of her life, and, even in extreme old age, she was possessed of uncommon dexterity in carding wool, of which she used to boast that she could card more in one day than any other woman could spin.

- Pearson, Matthew, of Pannal Ash, near Harrogate, died in 1848, aged 112. He was a working man during the whole

of his life, and was for a long time a common carrier, between Leeds, Harrogate, and Knaresborough, and their respective neighbourhoods.

He was only once confined to his room, by sickness, in his life, and that was about forty years before his death, when he was so dangerously ill, that the doctor gave him up as incurable, and told him to prepare for the worst: he had, however, a different opinion himself, and on the return of his wife, to his bedside, he asked her for a glass of rum; she complied with his request, thinking if it did no good, it could not do much harm to a dying man. He had no sooner swallowed it, than he said, "Now I shall mend."

And what will ye say to the fact, ye advocates of the curative powers of cold water? he did mend, and never had another days sickness till the close of his long life. He had the use of his faculties (unimpaired by time and severe usage) to the last, and was able to walk about till within a few days of his death; which seemed to come to him without pain, and he died because the lamp of life was completely burnt out. He was of middle stature, strong and active in his younger years; and although once restored to health by a dose of rum, he was not a man of intemperate habits.

- Sagar, James, died at Leeds, in 1701, aged 112.

- Simpson, John, of Knaresborough, died in April, 1766, aged 112. He could read print without spectacles, and never had any illness till within three months of his death.

- Thompson, Francis, of Binsoe, near Bedale, died in 1746, aged 112. He was buried in the church yard of West Tanfield, where a tombstone records the above facts.

- Wharton, George, of Laverton, near Ripon, died January 23rd, 1844, aged 112. He enjoyed an almost uninterrupted flow of health and spirits till within a few weeks of his death; was of a cheerful, lively, disposition, and enjoyed a jest and temperate glass as much as any man.

In personal appearance he was particularly neat and

clean, his dress in the fashion which prevailed about 50 years before his death.

He always wore very large buckles on his shoes; was low in stature, slender, smart, erect, and nearly always in motion during the day; retired to rest early, and rose early in the morning. His sight was so perfect that he could read the smallest type of a newspaper, without spectacles, till within a year of his death.

He was born in London, and could remember the news arriving in England, of the capture of Quebec, and the death of General Wolfe in 1759 - was full of anecdote of the Middlesex elections, and Jack “Wilkes," whom he used to describe as “an ugly squinting fellow." In his early manhood he was impressed and served aboard a man of war in the East Indian seas, and elsewhere.

113 Year Old's

- Bourn, Ralph, of West Tanfield, near Ripon, died in 1728, aged 113. An inscription on a stone in the south porch of the church perpetuates his memory.

- Clayton, Elizabeth, widow Kirkburton, was buried February 20th, 1655, in the 113th year of her age.

- Hoyle, Elias, of Sowerby, near Halifax, died in 1805, aged 113.

114 Year Old's

- Blake, Jane, of Leeds, died in 1763, aged 114.

- Buncombe, Thomas, of Beverley, lime burner, died in 1814, aged 114. He had been married to 5 wives.

- Elstoff, Mr., of Ledstone, died in 1756, aged 114.

- Foss, Widow, of Morley, died in 1721, aged 114.

- Ogilby, Robert, a noted old tinker, died at Leeds, in December, 1768, after having completed his 114th year.

It appears from the register that he was born at Ripon, November 16th, 1654; in corroboration of which, his own account of himself was, that he was put apprentice in 1668, to one Sellars, a brazier, in York, when he was 14 years old, served him 7 years in that capacity, and 2 years more as a journeyman.

He then began business for himself, at Ripon, where he failed; after which, he went to Hull, where he worked 4 years; he then entered into the army of King James, and was sent with the regiment to which he belonged, into Ireland, where, like many more, at that time, he changed his master, and was amongst the number of those who fought under King William, at the battle of the Boyne, in 1690, where he saw the duke of Schonberg fall.

He served about 23 years longer in the army, in different places, and was discharged after the peace of Utrecht; but, having neither wounds, infirmities, or friends to plead for him, he got no pension; so he returned to his old trade, or rather took up the new one of travelling brazier, which he followed till within about 4 years of his death.

At the age of 100, he would carry his budget 20 miles in one day with as much alacrity as most men at 50.

Soon afterwards he grew infirm and was obliged to give up the itinerant trade, and take to begging.

In appearance he was upright, tall, and thin. He is a remarkable instance of prolongation of life through toil, privation, and danger.

He was married to his wife 73 years, by whom he had 25 children, 12 boys, and 13 girls.

His wife lived to the age of 106.

- William Billings, a soldier, died at Fairfield Head, in Staffordshire, in 1793, aged 114. He was the last surviving private soldier in England who served under the great duke of Marlborough. Singular to relate, he was born under a hedge, in 1679, not a hundred yards from the cottage where he died.

- Roberts, John, of Hipperholme, in the parish of Halifax, died November 10th, 1721, aged 114.

115 Year Old's

- Hume, Thomas, gentleman, of the City of York, died in April, 1780, aged 115.

- Kitchingman, John, EsQ., of Chapel Allerton, near Leeds, died in 1510, aged 115. Allerton Hall was, upwards of four centuries, the property and residence of the Kitchingman family.

It was the largest and most ancient mansion in Chapeltown, consisting of about sixty rooms, with gardens and pleasure grounds.

This family, for the long period of their residence here, were carried from the hall by torchlight, to be interred in the choir of St. Peter's church, in Leeds.

At the funeral of any of the family, the great chandelier, consisting of thirty-six branches, was lighted.

When Sir Thomas Fairfax took the town of Leeds by assault, in 1643, Henry Robinson, vicar of Leeds, and brother of Mary Kitchingman, fled to this house, after having narrowly escaped with his life, in crossing the Aire, below St. Peter's church.

Tradition says that King Charles II. was concealed at this house before he went to Leeds.

The Hall was sold, about the year 1755, to Josiah Gates, Esq., merchant, of Leeds.

Part of the old Hall is yet standing, although the greatest part of it was taken down about the year 1730.

116 Year Old's

- Cateby, Valentine, of Preston, near Hull, died in 1782, aged 116. He went to sea in his 18th year, and continued a sailor 36 years ; he then commenced farming, which occupation he followed for 36 years more, when he retired

from business. His diet, for the last 20 years of his life, was strictly confined to milk and biscuit. His mental faculties were quite composed, and perfect up to the close of his long life.

117 Year Old's

- Trueman, Isaac, of Kettlewell, near Skipton, died in 1770, aged 117. Till within a year of his death he had the enjoyment of his sight, and all other faculties, in as great perfection as he had at thirty. He had served in the army, was sergeant in the first year of Queen Ann, and was engaged in many battles and sieges, during her reign, upon the continent. After leaving the regiment, nearly the whole of his time was devoted to fishing.

- Philips, John, of Thorner, died in 1742, aged 117. He lived under eight crowned heads, beside the protectorate of Cromwell. His teeth were good, and his hearing and sight, comparatively, but little impaired, and he was able to walk, till within a few days of his death.

When he was about 28 years of age, being the constable of his parish, he committed two of Cromwell's soldiers to the town's stocks, for some irregularities of conduct, of which they had been publicly guilty. The constable, by common law, may confine offenders in the stocks, by way of security, but not by way of Punishment. - Burn's Justice.

On complaint being made to the general, of this audacious behaviour on the part of the parish official, he dismissed the complaint at once, with a commendation of the constable, and a wish expressed that all his men possessed the courage and moral virtue of this humble rustic.

118 Year Old's

- Green, Ann, a pauper of the parish of Sprotborough, but a native of Kirk-heaton, died March 6th, 1791, aged 118.

120 Year Old's

- Singular instances sometimes occur of a man and his wife dying almost at the same time, after having lived a long time together: we give one or two by way of variety:

- Charles Cotterell, of Philadelphia, United States, died in 1761, aged 120, and within 4 hours of his decease, his wife also died, aged 115; they had lived together in peace and unity for 98 years.

- Myers, Mary, of Northwoods, near Pateley Bridge, died September 20th, 1743, aged 120 years. There is a stone to her memory in the burial ground attached to the old church at Pateley Bridge.

- William Marshall, a travelling tinker, of Kirkcudbright, died in 1792, aged 120. He followed his occupation up to the year before he died.

123 Year Old's

- Joshua Crewman, a pensioner of Chelsea Hospital, died in 1794, aged 123. He served in the armies of George the first and second, and was discharged in the 74th year of his age.

125 Year Old's

- Kirton, George, Esq., of Oxnop Hall, near Reeth, died July 15th, 1764, in his 125th year. He was re-markable for his love of hunting; after following the chase on horseback till he was upwards of eighty, so great was his desire for the diversion, that till he was 100 years old, he regularly attended the “breaking cover” in his single horse chair.

He was a remarkable instance that length of days are not always entailed on a life of temperance and sobriety, for no man - even till within a short time of his death - made more free with his bottle. His estate - which was considerable, and had been in the family for three centuries - descended to his

son, Thomas Kirton, Esq., an eminent physician.

- Preston, Martha, widow, of Barnsley, died in 1769, aged 125. She outlived 5 husbands, by whom she had 27 children.

127 Year Old's

- Hughes, William, of Tadcaster, died in September, 1769, aged 127.

- Montgomery, Robert, died at Skipton, in Craven, January 26th, 1671, aged 127. He was a native of Scotland; but the oldest inhabitant of Skipton never knew him but as an aged man. During many years of the latter part of his life he obtained a livelihood by soliciting alms from door to door, and in the public places of the town, which he did till within a year of his death.

130's Year Old's

- Martin, Thomas, an inhabitant of Helmsley, was born in the year 1674, and died in November 1804, aged 130.

- Brook, Roger, of Halifax, died 11 October 1568, aged 133.

- Hartop, Jonathan, of the village of Aldborougb, near Boroughbridge, died in 1791, aged 138. His parents both perished by the plague, in their house in the Minories, and he perfectly well remembered the great fire of London, in 1666.

He was short in stature, had been married 5 times, and left 7 children, 26 grandchildren, 74 great grandchildren, and 140 great great grandchildren.

He could see to the last to read without spectacles, and play at cribbage, of which game he was passionately fond, keeping his own account, with the most perfect recollection of numbers.

On Christmas day, 1789, he walked 9 miles to dine with one of his great grandchildren.

He remembered the person of Charles II; and once travelled from London, to York, with the facetious Killigrew.

He was always sparing in his diet, and his only beverage was milk.

His disposition was cheerful, and, under every circumstance, how ever adverse, he seemed to enjoy an uninterrupted flow of good spirits.

The 3rd wife of this extraordinary man was stated to be an illegitimate daughter of the Lord Protector Cromwell, who gave her a marriage portion of about £500.

He possessed a fine portrait of Cromwell, by Cooper, for which Mr. Holies offered him £300, which was refused.

Mr. Hartop, was personally intimate with the poet Milton, and, shortly after the restoration, lent him £50, which the bard returned him, though not without difficulty, as his circumstances then were at a very low ebb. Mr. Hartop would have declined receiving back the loan, but the independent spirit of the poet would not allow him to accept the offer, and he sent the money accompanied with a somewhat indignant letter at the proposal, which document was found among the papers of the venerable patriarch after his decease.

- Dobson, Thomas, of Hatfield, died in 1766, aged 139. He was eminent as an agriculturist. At the time of his death he left a family of three sons and seven daughters, all married, and living in that neighbourhood, who, together with their children and grandchildren, to the number of 91, attended his funeral.

- Consitt, Francis, of Burythorpe, near Malton, died in 1796, at the age of 150. He was maintained by the parish above sixty years, and retained his senses to the last.

“Drooping and burthen'd with a weight of years, What venerable ruin man appears! How worthy pity, love, respect, and grief - He claims protection - he compels relief.” - Crabbe.

- Newman, Thomas. In the churchyard, at Bridlington, is a tombstone, thus inscribed - “To the memory of Thomas Newman, who died in 1542, aged 153.

This stone was re-faced in 1771, to preserve the recollection of this remarkable prolongation of human life." Next to Henry Jenkins, he is the oldest Yorkshireman of whom we have any record.

Chapter 14

The Oldest Yorkshireman

"The man of whom I speak is old - so old, He seems to have outlived a world's decay; The hoary mountains, and the wrinkled ocean, Seem younger still than he; his hair and beard Are whiter than the tempest sifted snow."

Henry Jenkins

The oldest Yorkshireman of whom we have any record, is Henry Jenkins; some say the oldest Englishman; others, the oldest man in the world since the days of the Hebrew patriarchs.

He was born at Ellerton-upon-Swale, a small village in the North Riding of this County, one mile from Catterick, and six from Richmond, in the year 1500, and the Parish Register, of Bolton-on-Swale, records his death, 9th December 1670; thus showing that he had completed his 169th year.

The proofs on which the great age of Jenkins rest have been examined and sifted with the greatest severity and care; in order, if possible, to detect the slightest fallacy: but the fact appears to be established beyond the reach of reasonable doubt. Belonging to an humble station in society, but few events of his life are recorded, beyond his extraordinary longevity.

His youth was passed in the laborious employments of agriculture; afterwards, he became butler to the Lord Conyers, of Hornby Castle; in his old age, he used to earn a livelihood by thatching houses, and fishing in the rivers.

The earliest, and most reliable account of Jenkins, is given by Mrs. Anne Savile, daughter of John Savile, Esq., of Methley, ancestor of the Earls of Mexborough, a lady whose testimony may be considered as above suspicion, in a letter to Dr. Tancred Robinson, F.R.S.,* published in the transactions of the Royal Society:

- This lady says, "When I first came to live at Bolton, it was told me that there lived in that parish, a man near one hundred and fifty years old; that he had sworn as a witness in a cause at York, to one hundred and twenty years, which the judge reproving him for, he said, he was butler at that time to Lord Conyers; and they told me it was reported his name was found in some old register of the Lord Conyers, menial servants.

(*) Dr. Tancred Robinson was second son of Thomas Robinson, Esq., and own brother to Sir William Robinson, Baronet, of Newby-on-Swale. He was MD, and F.R.S., and was Knighted on his appointment as Physician to King George I.

* * *

Being one day in my sister's kitchen, Henry Jenkins coming in to beg an alms, I had a mind to examine him; I told him he was an old man, who must soon expect to give an account to God of all he did or said; and I desired him to tell me, very truly, how old he was; on which he paused a little, and then said, to the best of his remembrance he was about 162, or, 163.

I asked him what kings he remembered?

He said, Henry VIII. I asked him, what public thing he could longest remember ? He said, Flodden Field.

I asked him whether the King was there?

He said, no; he was in France, and the Earl of Surrey was General.

I asked him how old he might be then?

He said between ten and twelve; 'for,' says he, 'I was' sent to Northallerton with a horse-load of arrows; but they sent a bigger boy from thence to the army with them.'

I thought by these marks, I might find something in histories; and looking into an old chronicle, I found that Flodden Field, was about 152 years before, so that if he was 10 or 11 years old, he must be 162, or 163, as he said, when I examined him.

I found that bows and arrows were then used, and that the Earl he named was then General, and that King Henry VIII. was then at Tournay: so that I don't know what to answer to the consistencies of these things, for Henry Jenkins was a poor man, and could neither write nor read.

There were, also, 4 or 5 in the same parish, that were reputed, all of them, to be 100 years old, or within 2 or 3 years of it, and they all said he was an elderly man ever since they knew him, for he was born in another parish, and before any Register was in Churches, as it is said.

Parish Registers were first ordered to be kept in 1538.

He told me then, too, that he was butler to the Lord Conyers, and remembered the Abbot of Fountains' Abbey very well, who used to drink a glass with his lord heartily; and that the dissolution of the Monasteries he well remembered. Ann Savile."

The following remarks are' from the pen of Dr. Tancred Robinson, Physician to King George I.:

"This Henry Jenkins, died December 8th, 1670, at Ellerton-on-Swale. The battle of Flodden Field was fought on the 19th of September, 1513. Henry Jenkins was 12 years old when Flodden Field was fought; so that he lived 169 years.

Old Parr lived one 152 years and 9 months; so that Henry Jenkins outlived him, by computation, 16 years, and was the oldest man born on the ruins of the postdiluvian world.

This high sounding, and not very definite, expression of the learned Doctor's, requires some modification, though the accuracy of the instances of old age given above, exceeding that of Jenkins may be impugned, though not easily proved false.

Yet the ages of some of the patriarchs born after the flood, and consequently "on the ruins of the postdiluvian world," exceeded that of Jenkins, as-Arphaxad, son of Shem, born 2 years after the flood, lived 438 years ; Salah, 433; Eber, 464; Peleg, 239; Reu, 239; Serug, 230. - Genesis, xi. Abraham lived 175 years;

"And the days of Isaac, were an hundred and fourscore years (180)." - *Genesis 35:28.*

This Henry Jenkins, in the last century of his life, was a fisherman, and used to wade in the streams. His diet was coarse and sour; but, towards the latter end of his days, he begged up and down.

He was sworn in Chancery, and other courts, to above 140 memory, and was often at the Assizes at York, whither he generally went afoot; and, I have heard some of the country gentlemen affirm that he frequently swam in the rivers after he was past the age of 100 years."

Grainger, in his Biographical History, says:

"He was the oldest man, of the post-diluvians, of whom we have any credible account.'"

Miss Savile having sent a copy of her statement respecting Jenkins, to Sir Richard Graham, of Norton Conyers, near Ripon; which was inserted in the household book of that family; a transcript of it was, afterwards, given to Roger Gale, the celebrated antiquary, by Sir Reginald Graham, accompanied with the following note from himself:

"Sir, - I have sent you an account of Henry Jenkins as I find it in my grandfather's Household Book, - the time of his death is mentioned, under the letter as I have set it down; it seems not to have been the same hand: he must have lived sometime after Mrs. Savile, sent this account to Sir Richard. I have heard Sir Richard was Sheriff, when Jenkins gave evidence to six score years, in a cause between Mr. How and Mrs. Wastell, of Ellerton. The Judge asked him, how he got his living? he said "by thatching houses, and fishing."

This letter is without date, but appears to have been written, by Mrs. Savile, in the year 1661, or 1662, by what

she says of the time when she examined the old man, compared with that of Flodden Field, and was 8 or 9 years before he died, for I found his burial in the Register of Bolton Church, thus - "December the 9th, 1670, Henry Jenkins, a very old poor man." And was also shewed his grave.

R. Graham.
"Norton, 26th August, 1739-40."

From his extraordinary age, he was often summoned as a witness, to give evidence on ancient rights and usages, where his evidence was frequently of the most material importance.

"A Commission out of the Court of Exchequer, dated 12 Feby. 19. Charles II. authorizing George Wright, Joseph Chapman, John Burnett, and Richard Fawcett, Gents., to examine witnesses, as well on the part of the plaintiff, as defendant, in a tythe cause between Charles Anthony, vicar of Catterick, complainant, and Calvert Smithson, owner and occupier of lands, in Kipling, in the parish of Catterick :

Depositions taken in the house of John Stairman, at Catterick, Co. Ebor : on the 15th April, 1667:

Henry Jenkins, of Ellerton-upon- Swale, labourer, aged 157, or thereabouts, swore and examined, says - 'That he has known the parties 7 years, and that the tithes of lambs, calves, wool, colts, chickens, goslings, pigs, apples, pears, plums, flax, hemp, fruit, and multure of mills were paid in kind, by one Mr. Calvert, (George Calvert, Esq., afterwards created Baron Baltimore) the owner of the Lordship or Manor of Kipling, to one Mr. Thriscroft, (Henry Tliriscroft was Vicar of Catterick from 1594 till 1603.

Eichard Fawcett, from 1603 till 1660) above threescore years since, the Vicar of Catterick; and were so paid in kind during the time of his the said Mr. Thriscroft's continuance; and, after, the tithes of Kipling were paid in kind to one

Richard Fawcett, deceased, for many years together as vicar of Catterick; and that this deponent never knew of any customary tithes, paid by any of the owners, or occupiers, of the Lordship or manor of Kipling, or any other of the towns or hamlets within the said parish of Catterick.

But all such particulars named in the interrogatories were ever paid in kind to the vicar there for the time being." (Clarkson's History of Richmond, p. 396)

At the Assizes at York, in 1655, Jenkins appeared as a witness, to prove a right of way over a man's ground; I he swore to 120 years memory; for that time he remembered a way over the ground in question.

Being cautioned, by the Judge, to beware what he said, as there' were two men in the court, above 80 years of age each, who had sworn they remembered no such way, he replied that those men were boys to him.

Upon which the Judge asked those men how old they took Jenkins to be?

They answered that they knew him very well, but not his age; for he was a very old man when they were boys.

In the cause mentioned in Sir Reginald Graham's letter, between How and Wastell, of Ellerton, Jenkins again gave evidence to one hundred and twenty years memory.

One of the Judges asked him what remarkable battle, or event, had happened in his memory, to which he answered, that, when the battle of Flodden Field was fought, where the Scots were beat with the loss of their King, he was turned of twelve years of age.

Being asked how he lived, he said, by thatching and salmon fishing ; that when he was served with a subpoena, he was thatching a house, and he would dub a hook with any man in Yorkshire.

He also stated that he had been butler to Lord Conyers, of Hornby Castle, and that Marmaduke Brodelay, lord abbot of Fountains, did frequently visit his lord, and drank a hearty glass with him - that his lord often sent him to enquire how the abbot did, who always sent for him to his lodgings, and, after ceremonies (as he called it) passed, ordered him, besides wassel, a quarter of a yard of roast beef for his

dinner, (for that monasteries did deliver their guests meat by measure,) and a great black jack of strong drink.

Being further asked if he remembered the dissolution of the religious houses, he said, very well; and that he was between 30 and 40 years of age, when the order came to dissolve those in Yorkshire; and that great lamentation was made, and the country all in a tumult, when the monks were turned out.

Another cause is also mentioned in which Jenkins appeared as a witness at York, in 1667, between the Vicar of Catterick, and "William and Peter Mawbank, in which he deposed, that tithes of wool, lambs, &c., were the Vicar's, and had been paid, to his knowledge 120 years and more.

Of the family history and private life of the venerable old man, we have very little information; he was married, but what family he had we know not; two sons have been mentioned as living a few years before their father's death, "both of whom were much more infirm in memory and in body than the patriarch himself."

If it were so, those sons had either not been born in the parish of Bolton, or never baptised, as there are only 2 of the name of Jenkins recorded in the parish register, that of the old man himself, and his wife, who paid the debt of nature in 1668, 2 years before her venerable partner, who, as already mentioned, died 9 December 1670.

If the engraved portraits of him are to be depended on, he was a tall, spare man, with a coarse, strong, but not unpleasing countenance; the beard is a principal feature, and appears to have descended down his breast with genuine patriarchial dignity; his likeness is not unfrequently seen on public house signs, in this county.

There is, however, said to have been a genuine portrait of him, taken by Robert Walker, painter to the Lord Protector Cromwell, which was engraved in 1752, by Worlidge.

In the year 1743, a monument was erected, by subscription, in Bolton church yard, to the memory of Jenkins; it consists of a square base of freestone, 4 feet 4 inches on each side, by 4 feet 6 inches in height, surmounted by a pyramid 11 feet high.

On the east side is inscribed:

THIS MONUMENT WAS
ERECTED BY CONTRIBUTION,
IN YE YEAR 1743, TO YE MEMORY

OF HENRY JENKINS
On the west side

HENRY JENKINS,
Aged 169

In the church, on a mural tablet of black marble, is inscribed the following epitaph, composed by Dr. Thomas Chapman, Master of Magdalen College, Cambridge:

BLUSH NOT, MARBLE,
TO RESCUE FROM OBLIVION
THE MEMORY OF
HENRY JENKINS:
A PERSON OBSCURE IN BIRTH,
BUT OF A LIFE TRULY MEMORABLE;
FOR
HE WAS ENRICHED
WITH THE GOODS OF NATURE,
IF NOT OF FORTUNE,
AND HAPPY
IN THE DURATION,
IF NOT VARIETY,
OF HIS ENJOYMENTS:
AND,
THO' THE PARTIAL WORLD
DESPISED AND DISREGARDED
HIS LOW AND HUMBLE STATE,
THE EQUAL EYE OF PROVIDENCE
BEHELD, AND BLESSED IT
WITH A PATRIARCH'S HEALTH AND LENGTH OF DAYS :

TO TEACH MISTAKEN MAN,
THESE BLESSINGS WERE ENTAILED ON TEMPERANCE,
OR, A LIFE OF LABOUR, AND A MIND AT EASE.
HE LIVED TO THE AMAZING AGE OF

169;
WAS INTERRED HERE, DEC. 6, (lege 9,)
1670,
AND HAD THIS JUSTICE DONE TO HIS MEMORY
1743.

This inscription is a proof that learned men, and masters of colleges, are not always exempt from the infirmity of writing nonsense. Passing over the modest request to the black marble not to blush, because it may feel itself degraded by bearing the name of the plebeian - Jenkins, when it ought only to have been appropriated to kings and nobles; we find but questionable philosophy, in this inappropriate composition.

The multitude of great events which took place during he lifetime of this man, are truly wonderful, and astonishing.

He lived under the rule of 9 sovereigns of England - Henry VII.; Henry VIII.; Edward VI.;

Mary; Elizabeth; James I.; Charles I.; Oliver Cromwell; and Charles II.; he was born when the Roman Catholic religion, was established by law, he saw the dissolution of the monasteries, and the faith of the nation changed - Popery established a second time by Queen Mary - Protestantism, restored by Elizabeth - the civil wars, between Charles and the Parliament, begun and ended - monarchy abolished - the young republic of England, arbiter of the destinies of Europe, and the restoration of monarchy under the libertine Charles II.

During his time, England was invaded by the Scots; a Scottish King was slain, and a Scottish Queen beheaded in England; a King of Spain, and a King of Scotland, were Kings in England; 3 Queens and 1 King, were beheaded in England in his days; and fire and plague alike desolated London.

His lifetime appears like that of a nation, more than an individual, so long extended and crowded with such great events.

END OF THE BOOK YORKSHIRE LONGEVITY

So fascinating and what an eye opener is was the result of the work done in this book by William Grainge, an Author and Historian of Yorkshire that it was decided that the purchase of an original copy of his book was needed.

Amazingly a copy was found which was property and keep by the "The Library of the Yorkshire Archaeological Society".

The following is a paper clip of a news article on the 29th October 1898, which appeared in "The Yorkshire Evening Post", a local Yorkshire Newspaper.

This article was placed in the last page of the book Yorkshire Longevity by a member of the Yorkshire Archaeological Society at the time.

Wharfedale Centenarian

Mrs. Elizabeth Watson, of Leathley, near Otloy, died on Wednesday morning, eight weeks after completing her 103rd year, Mrs, Watson had, since attaining her centenary in 1895, become quite an "institution" in Wharfedale, and visitors from far and near called to see her.

During the last 18 months she had been less vigorous than was her wont, rheumatism having made inroads into her strong constitution.

She was up and about on the 10th of this month, and in distinctly better health, but unfortunately she fell and bruised the muscles of her left thigh. In consequence, she had to take to bed, and was attended by Drs. Williamson and Drury.

During the time that she was confined to her bed she also lost the use of her left arm, but otherwise retained her faculties to the end. Mrs. Watson, who was born on 1st September 1795, appears to have come of a long-lived stock. According to statements which have been published her grandfather lived to be 109 years old, her grandmother 108, her father 115, and an uncle 110, and though these figures are doubtless exaggerated, there seems to be no doubt that several of her relations did reach a very great age.

Her husband was similarly favoured. He lived to the age of 99, and his grandmother is said to have reached her 108th year. Mrs. Watson was the eldest of a family of ten. Her father,George Cut, was for 37 years coachman to the Vicar of South Kirkby, but she was born at South Hampole, near Doncaster, and was christened at Hooton Pagnell Church when about ten years of age. She had little or no schooling, and went to service early, residing principally in the neighbourhood of Doncaster and Wakefield. She was married to Henry George Watson, who for some years was a hind in the service of Lord Mexborough.

The union resulted in the birth of 13 children, and after her husband's death, at the request of one of her sons, she came to reside in Wharfedale. On settling at Leathley she secured the sympathetic notice of the Rev. H. Canham (rector), by whose influence she was placed in one of the almshouses there, where she lived, along with her youngest daughter, up to the time of her death.

This daughter, of whom she sometimes spoke as her baby, is 63 years old. The old lady took a pride in her sustained vigour, both mental and physical. Interviewed last year by a representative of "The Yorkshire Evening Post," she gave some examples of these powers.

The reporter wrote:

> *"I offered to mend her the fire. "Oh, bless you bairn, its now't; I do all t'haase wark me son, and could mak a hundred puns of butter wi' onybody in Wharfedale today."*

It was true that the plain little combined room in which we were chatting was kept as clean as a new pin by the hands of the old dame alone.

One might almost feel qualified to offer a receipt for longevity after talking with Mrs. Watson.

She has always been a teetotaler. She goes to bed every night about eight o'clock, and rises usually about seven.

It was quite a painful confession for her to tell me that on that cold dark morning she had actually been in bed when the postman called with a letter from her grandson.

The funeral will take place at Leathley this afternoon at three o'clock.

Aged 101. — The death is announced at the age of 101 of Mrs. Ann Johnson, widow of Mr. W. Johnson, well known as a temperance agent in Darlington for many years.

Auto-Intoxicatons
The Processes of Ageing

"Each vitalized cell in the animal body, as a result of its own vitality, disintegrates and regenerates itself. This disintegration is death; this regeneration is life; and hence, when we begin to live, we begin to die.

Health is dependent upon the incessant formation, transformation and elimination of organic materials.

We constantly bear about within us the effete debris of our living selves.

We are constantly burning; the fire must be fed, the gas carried off, the heat utilized, the ashes withdrawn.

The liver and the kidneys are our stokers, the lungs and skin our chimney, the intestines our ash-pit, the blood our forced draft." *- Dr Geo. F. Keene, MD, Superintendent of the State Hospital for Insane at Howard, Rhode Island, in "The Boston Medical and Surgical Journal", 1894.*

"Some of the causes of ageing appear to operate during the whole life of all individuals, being to a certain extent made harmless in young and adult ages by existing neutralising mechanisms.

With ageing the action of these causes becomes prolonged, their cumulative effects start to accelerate and aggravate the processes of ageing. In this way these agents become one of the important causative factors of premature senescence and senility.

The same effects should be manifested at earlier ages of life when, for some pathological reason, these causes become increased in their severity, or when the neutralising mechanisms prematurely weaken.

This group of permanently active causes of ageing might be placed on the borderline between the primary and secondary causes of old age.

The Autointoxications with metabolic and gastro-intestinal products should belong to this "borderline" group.

There are many investigations which suggest that Autointoxications might cause some ageing effects.

Ageing Effect of Overfeeding

It is obvious that when large quantities of food are consumed, metabolic waste products are produced in greater quantities and, therefore, might accumulate in the organs, tissues and fluids of the organism.

Overfeeding shortens life and impairs fertility.

On restricted diets, the development of tumours was retarded in rats and mice (Tannenbaum), while the incidence of pneumonia and the frequency of chronic nephrosis were considerably decreased (Saxton).

The incidence of calcification of the heart and kidneys was also higher on an unrestricted food intake.

The national state of health was never so good in Sweden as during the war; in particular the mortality from arteriosclerosis and myocarditis chronic decreased to a minimum.

After the war, with the removal of food restrictions, the mortality from these diseases increased rapidly and finally even rose to a higher level than before the war.

Harmful Effects of High-Protein Diets

A more or less perfect development of the neutralising mechanisms might partly explain the different response to high protein diets of different individuals.

The protective function of the adrenals was indicated by the experiments of Benua and Howard.

Results obtained indicate the existence of efficient defence (neutralising) mechanisms in the organism against the injurious effects of high-protein diets.

Apparently, when these mechanisms are insufficiently developed, or are overcome or weakened by various factors,

the injurious effects of protein-rich diets are manifested in various pathological changes, chiefly in the kidneys and cardio-vascular system.

The duration of feeding, the type of proteins given and the age of animals also play a definite role in producing these harmful effects.

Toxic Effects of Various Metabolites

The chronic administration of histamine to rabbits, guinea pigs and rats produced chiefly cardiovascular lesions (Farmer).

In human beings, with comparatively small doses used, the symptoms of histamine poisoning include headache, congestion in the head, nervous depression, increased secretion of glands dyspnoea, cardiac arythmia, fall of blood pressure, nausea and finally collapse (Cushny).

Indol and Scatol are derivatives of tryptophan and usually originate from protein putrefaction in the intestines.

The following symptoms of poisoning were observed (Herter): decrease of temperature, somnolence, prostration, paresis, cardiac weakness, low in bodyweight, sometimes muscular spasms or cramp and, finally, death.

Histologically congestion, round cell infiltration, degenerative changes, and pigment deposition in the cells were found in the liver, and congestion in the kidneys.

Toxic Products of Gastro-Intestinal Putrefaction

Another source of toxic substances in the organism is created by the putrefaction of proteins and their derivatives in the gastrointestinal canal, chiefly in the colon.

Metchnikoff emphasizes that the products of putrefaction poisons are absorbed from the intestinal contents during the whole of life, slowly but steadily producing their toxic effects.

These effects are intensified during the periods of increased putrefaction; or when its poisons accumulate in the intestines and, after their absorption, in the blood and tissues, which usually happens during periods of more or less pronounced constipation.

In old men the putrefaction is greatly increased in the intestines.

This fact, the authors conclude, confirms Metchnikoff's idea.

Poisonous Substances Produced by Putrefaction in the Intestines

In addition to Scatol and Indol, described in the previous chapter, the toxins produced by Bacteria Welchii (Bacteira Perfringens) have been investigated by Evans, by Korenchevsky and by Metchnikoff.

This microbe and Bacteria Putrificus are mainly responsible for the putrefaction in the intestines.

The toxin of Bacteria Welchii produces severe symptoms of depression, clonic convulsions (sustained rhythmical jerking of the whole body), intermittent with paresis, locally gangrene and, with sufficiently large doses, death in a few hours.

In the serum of old individuals there is an increased amount of substances which inhibit the multiplication and growth of cells.

"Old" human serum not only depresses the growth of human embryonic tissues, but also produces their degeneration in 52% on the 7th day of their growth, and in 100% on 11-13th day as observed by Weitzmann.

In cells isolated from the organism, and kept alive in vitro as a tissue culture, senescence and death could be greatly postponed ("indefinitely" as suggested by Carrel) if, by frequent changes of the medium, the metabolic waste products were not allowed to accumulate.

In such conditions the "old" cells (i.e., those from older animals) have just as high a capacity for growth as young ones.

The old cells merely take a longer time than do the young ones in starting their growth.

Pearl, similarly to Carrel, concludes that "senescence appears not to be a primary attribute to the physiological economy of cells as such", and "that the individual cells and tissues of the body, in and by themselves, are potentially immortal."

Weitzmann observed that the addition of the embryonic extract to the tissue cultures, which grew in "old" serum, improved to a certain extent their growth.

This improvement indicates that not only the accumulation of waste products, but a deficiency in some nutritive substances in the blood of old individuals might also be partly responsible for depressive effects of "old" serum.

Effects of "Blood-Washing" by Isotonic or Slightly Hypertonic Solutions

The following favourable results were obtained in cases of thrombo-angiitis obliterans and arteriosclerosis of the peripheral bloodvessels: locally-disappearance of cyanosis, increased warmth of the extremities, reopening of obliterated vessels, healing of ulcers and gangrene, improvement in growth and condition of deformed nails, ability to walk longer distances without cramp or pain; in the general condition—gain in weight, improved nervous condition, better sleep and appetite, and healthy rosy colour of the face.

Bernheim & London, and Silbert claimed an improvement in about 80-83% of the treated patients.

The results obtained by "blood-washing" with isotonic or slightly hypertonic solutions appear to provide another indirect support to the theory that Autointoxication by metabolites might be one of the causes of premature ageing.

By "blood-washing" procedures it is possible to remove large amounts of metabolites from the blood and tissues." - Dr V. Korenchevsky, MD, Gerontological Research Laboratory, Whittington Hospital, London, in "Texas Reports on Biology and Medicine", 1954.

The Ageing Process Delayed & Reversed

"Recent research "Cognitive enhancement of healthy older adults using hyperbaric oxygen", Aging, 15 July 2020, **found that when healthy adults over the age of 64 were placed in a pressurized chamber and given pure oxygen for 90 minutes a day, 5 days a week for 3 months, not only was the ageing process delayed - it was actually reversed.**

Some 35 adults over the age of 64 were involved in the study and were administered hyperbaric oxygen therapy (HBOT) utilizing 100% oxygen.

Repeated intermittent hyperoxic (increased oxygen level) exposures induced many of the mediators and cellular mechanisms that are usually induced during hypoxia (decreased oxygen levels) – called the hyperoxic-hypoxic paradox.

"The oxygen fluctuation we generated is what is important. We are not just slowing the decline, we are going backwards in time." - Prof. Shai Efrati, Tel Aviv University's" - in "The Jerusalem Post", 21 November 2020.

Diet Is Key to Longer Life

"Prof. A. Baird Hastings, Department of Biochemistry at Harvard University, **has found important new clues concerning the Influence of Nutrition Upon The Process of Ageing.**

The scientist found that in rats a particular regime of diet not only Prolonged the average Span of Life, but also preserved the "Youthful" characteristics of the body tissues in advanced periods of life.

In these rats, 10 days of life corresponds to 1 year of human life.

Daily Dietary Regime The Main Principle of which is that it retards the growth of the body, because the diet is low in calorie value, but contains adequate amounts of Vitamins, Minerals, etc.

Are found to live much longer; so that rats from 752 to 2611 days old, comparable to 75 to 26I years old human beings, were raised." - in "Diet Is Key to Longer Life", Science Digest, November 1943.

A Last Word

This Book shows the amazing capabilities of the human body to renew and rejuvenate itself, if only one doesn't become an obstacle or by pursuing impediments to its natural functions of rejuvenating.

The human physical body can have its longevity extended.

Ahiohum Institute of Longevity

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"Man is either the master of himself, or his appetite and sensual pleasures master him. If the former, he enjoys health until worn out; and he should go down at from 90 to 150 years of Age." *- Dr John Henry Tilden, MD in "Toxaemia", 1926.*

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“God created man to be immortal, and made him to be an image of His own eternity.”
- Wisdom of Solomon 2:23, KJV

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” - Galatians, 6:7

“Death is not a universal accompaniment of life. In many of the lower organisms death does not occur, so far as we at present know, as a natural and necessary result of life. Death with them is purely the result of an accident, some external cause.” - Charles S. Minot

"Such a machine as the human frame, unless accidentally depraved, or injured by some external cause, would seem formed for perpetuity." - Dr. Gregory in "Medical Conspectus"

"If a living organised being be examined at the epoch of its greatest perfection ... a mutuality of cause and effect is perceived which almost promises immortality." - Sir T. C. Morgan

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